DOCUMENT RESUME

ED 434 751 PS 027 978

TITLE	Menu Workbook and Food Buying Guide. National School Lunch and Breakfast Programs.
INSTITUTION	Arizona State Dept. of Education, Phoenix.
PUB DATE	1997-07-00
NOTE	174p.
PUB TYPE	Guides - Non-Classroom (055) -- Numerical/Quantitative Data (110)
EDRS PRICE	MF01/PC07 Plus Postage.
DESCRIPTORS	*Breakfast Programs; Elementary Secondary Education; *Food Service; Food Standards; Guidelines; *Lunch Programs; *Nutrition; *Purchasing
IDENTIFIERS	Food Preparation; Meal Patterns; *School Breakfast Program; *School Lunch Program

ABSTRACT

The goal of every school food service program is to serve nutritionally adequate, attractive, acceptable, and moderately priced meals. Recognizing that the quality of the meal depends upon the knowledge, ability, and judgment of the person planning menus, this guide provides information on the menu planning and meal service options available in the National School Lunch and Breakfast Programs. Topics covered in this guide are: (1) nutritional requirements and menu planning options; (2) nutrition goals; (3) traditional and food-based meal patterns for lunch and breakfast; (4) non-creditable foods in the National School Lunch Program; (5) NuMenus and Assisted NuMenus for lunch and breakfast; (6) "offer" versus "serve" options at lunch and breakfast; (7) a la carte service and snack bar lines; (8) alternate food items; (9) restricted competitive foods; (10) requirements for food production records; (11) requirements for convenience foods; (12) child nutrition labels; (13) production specification sheets; and (14) nutrient data requirements. Four appendices include additional information on meal patterns for infants and exemptions to restricted foods. (KB)

****
*   Reproductions supplied by EDRS are the best that can be made   *
*   from the original document.   *
****

PS

ED 434 751

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
☒ This document has been reproduced as received from the person or organization originating it.
☐ Minor changes have been made to improve reproduction quality.
• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

MENU WORKBOOK
AND
FOOD BUYING GUIDE

National School Lunch
and Breakfast Programs

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL HAS BEEN GRANTED BY
Linda Edgington
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

1

Arizona Department of Education
July 1997

PS 027978

BEST COPY AVAILABLE

SCHOOL LUNCH AND BREAKFAST MENU WORKBOOK

TABLE OF CONTENTS

The School Nutrition Programs 1
Nutritional Requirements and Menu Planning Options 3
Nutrition Goals 4
Traditional Meal Pattern for Lunch 6
Food Based Meal Pattern for Lunch 7
Traditional and Food Based Meal Pattern Additional Requirements for Lunch 8
Noncreditable Foods in the National School Lunch Program 10
NuMenus and Assisted NuMenus 11
Offer Versus Serve At Lunch 12
A La Carte Service and/or Snack Bar Lines 15
Alternate Food Items 16
Restricted Competitive Foods 17
Traditional and Food Based Meal Pattern for Breakfast 18
Traditional and Food Based Meal Pattern Additional Requirements for Breakfast 19
NuMenus and Assisted NuMenus for Breakfast 19
Offer Versus Serve At Breakfast 20
Requirements for Food Production Records 22
Food Production Worksheet 23
Requirements for Convenience Foods 36
Child Nutrition (CN) Label 36
Production Specification Sheets 37
Nutrient Data Requirements 39

Appendices:

- Foods High in Vitamin A, C and Iron I
- Grains/Breads Minimum Portion Sizes for Traditional and Food Based Meal Patterns II
- Meal Patterns for Infants III
- Exemptions to Restricted Foods IV

i: stu_svcs\nsl\fbg(7/97)

THE SCHOOL NUTRITION PROGRAMS

The National School Lunch Act of 1946 established the National School Lunch Program to safeguard the health and well-being of our nation's children. The program is designed to provide nutritious meals that meet the Dietary Guidelines for Americans and promote healthy food choices among children.

The goal of every school food service program is to serve nutritionally adequate, attractive, acceptable and moderately priced meals. Four menu planning options are available to choose from—but the quality of the meal depends upon the knowledge, ability and judgment of the person using the menu in planning food combinations that will be acceptable to students.

When planning menus, keep in mind the following general points:

*The menu is the focal point of the school lunch and breakfast programs. It is the basis for all activity in these programs from planning to purchasing, to production, to service and cleanup, and to the ultimate satisfaction of students' appetites.

*The menu is a management tool. Successful management of the school lunch and breakfast programs starts with menu planning. The quality of the meal and success of the programs depend on the knowledge and skill of the menu planner. The menu planning activity also provides an opportunity for nutrition education and for involving students, parents and school personnel in the school lunch and breakfast programs.

*Successful menu planning requires knowledge in several areas, such as:

- the lunch and breakfast programs' purpose and goals, requirements and recommendations
- students' food preferences so that the menu can reflect those preferences
- food costs and the amount of money available
- what foods are available for the period for which menus are being planned
- the availability and experience of personnel
- kitchen layout and capacity of equipment
- food preparation and work scheduling
- food merchandising so that the meal will be well accepted by the school-aged customer being served

*Cycle menus can be a definite advantage in schools implementing the school lunch and breakfast programs to make forecasting more accurate. Advantages to using cycle menus include saving time, increasing efficiency, as well as allowing for seasonal variations and special events.

Because the school food service programs exist for students, student and parent involvement in menu planning is recommended. Students who serve on advisory committees can provide helpful information about current menu items, serve as a taste panel for new food items and do promotional work for the school food service program. Both elementary and secondary students can make a valuable contribution to menu planning.

The *Menu Workbook and Food Buying Guide* provides information on the menu planning and meal service options available in the National School Lunch and Breakfast Programs. While complete information on menu planning using the Traditional meal pattern is provided in this workbook, for more specific information on Food Based Menu Planning, Nutrient Standard Menu Planning (NuMenus) and Assisted NuMenus, please refer to the *Healthy School Meals Training* manual.

5

NUTRITIONAL REQUIREMENTS AND MENU PLANNING OPTIONS

Nutritional Requirements

Meals served under the National School Lunch Program and School Breakfast Program are required to meet the Dietary Guidelines for Americans and the following nutrition goals (also see tables on page 4):

- Recommended Daily Allowances (RDA)
    - 1/3 of the RDA for lunch and 1/4 of the RDA for breakfast for protein, vitamin A, vitamin C, calcium and iron (See Appendix I for a list of foods high in vitamins A, C and iron)
- Age-Appropriate Calorie Goals
- Dietary Guidelines for Americans
    - 30% or less of calories from total fat
    - 10% or less of calories from saturated fat
    - decrease in sodium
    - decrease in cholesterol
    - increase in fiber
    - increase in carbohydrate

Menu Planning Options

To achieve the nutrition goals, menus must be planned one of two ways, using either a meal pattern or using a computerized nutritional analysis software program. The menu planner can choose from one of four menu planning methods:

Meal Pattern	Computerized Nutritional Analysis
1) Traditional Meal Pattern	1) NuMenus (Nutrient Standard Menu Planning)
2) Food Based Menu Planning	2) Assisted NuMenus (Assisted Nutrient Standard Menu Planning)

The **Traditional Meal Pattern** consists of five different food items from four food component groups: meat/meat alternate, grains/breads, vegetables/fruits and milk. Minimum quantities of each component are specified by grade/age group.

Food Based Menu Planning follows the same structure as the traditional meal pattern, but with different grade/age groupings and increased serving sizes for vegetables/fruit and grains/breads for lunch. These enhancements to the traditional meal pattern make it easier to achieve the nutrition goals.

With the traditional pattern and the food based plan, schools are not required to have their menus analyzed but are encouraged to do so in order to ensure that the nutrition goals are met.

NuMenus is based upon the analysis of nutrients in the offered foods. Meals are designed to meet the nutrient standards listed above; there is no set meal pattern. The only food required to be offered is milk. The nutrient analysis requires use of a USDA-approved computer software program.

Assisted NuMenus is similar to NuMenus, but menus are analyzed and/or developed by entities other than the school.

NUTRITION GOALS

BREAKFAST

Calories and Nutrient Levels for School Breakfast
(school week averages)

	Preschool	Grades K-12	Option Grades 7-12
Energy Allowances (calories)	388	554	618
Total Fat (g)[3]	13[1]	18[1]	21[1]
Total Saturated Fat (g)[3]	4[2]	6[2]	7[2]
Protein (g)	5	10	12
Calcium (mg)	200	257	300
Iron (mg)	2.5	3.0	3.4
Vitamin A (RE)	113	197	225
Vitamin C (mg)	11	13	14

[1] Total fat not to exceed 30 percent over a school week
[2] Saturated fat to be less than 10 percent over a school week
[3] The grams of fat will vary depending on actual level of calories

LUNCH

Calories and Nutrient Levels for School Lunch
(school week averages)

	Preschool	Grades K-6	Grades 7-12	Grades K-3 Option
Energy Allowances (calories)	517	664	825	633
Total Fat (g)[3]	17[1]	22[1]	28[1]	21[1]
Total Saturated Fat (g)[3]	6[2]	7[2]	9[2]	7[2]
Protein (g)	7	10	16	9
Calcium (mg)	267	286	400	267
Iron (mg)	3.3	3.5	4.5	3.3
Vitamin A (RE)	150	224	300	200
Vitamin C (mg)	14	15	18	15

[1] Total fat not to exceed 30 percent over a school week
[2] Saturated fat to be less than 10 percent over a school week
[3] The grams of fat will vary depending on actual level of calories

BEST COPY AVAILABLE

Sodium, Cholesterol and Fiber

Healthy school meals also need to reflect a decrease in sodium and cholesterol and an increase in fiber. Although there are no RDAs for sodium, cholesterol and fiber, the Arizona Department of Education, Child Nutrition Programs have adopted the following recommendations by the National Heart, Lung, and Blood Institute and the National Cholesterol Education Program:

- *Sodium:* 2mg/Calorie
- *Cholesterol:* Lunch = 72 mg Breakfast = 54 mg
- *Fiber:* 1g/100 Calories

For example, for children in grades K-6 the Calorie level for the school week average is 664.

- Sodium: 2 mg x 664 = 1328 mg (not to exceed)
- Cholesterol: 72 mg (not to exceed)
- Fiber: 664 ÷ 100 = 6.64 (a minimum)

8

[illegible]					
Minimum Quantities					
	Preschool		**Grades K-3**	**Grades 4-12[1]**	**Recommended Quantities Grades 7-12[2]**
Meal Component	**Ages 1-2 (Group I)**	**Ages 3-4 (Group II)**	**Age 5 & 8 (Group III)**	**Age 9 & over (Group IV)**	**Age 12 & Over (Group V)**
Milk (as a beverage)	3/4 cup (6 fl. oz.)	3/4 cup (6 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)
Meat/Meat Alternate (quantity of the edible portion as served)					
A serving of one of the following or a combination to give an equivalent quality:					
Lean meat, poultry, or fish (edible portion as served)	1 oz.	1 1/2 oz.	1 1/2 oz.	2 oz.	3 oz.
Cheese	1 oz.	1 1/2 oz.	1 1/2 oz.	2 oz.	3 oz.
Large egg(s)	1/2	3/4	3/4	1	1 1/2
Cooked dry beans or peas	1/4 cup	3/8 cup	3/8 cup	1/2 cup	3/4 cup
Peanut butter or soynut or other nut or seed butter	2 Tbsp.	3 Tbsp.	3 Tbsp.	4 Tbsp.	6 Tbsp.
Yogurt	4 oz.	6 oz.	6 oz.	8 oz.	12 oz.
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:					
Peanuts or soynuts or tree nuts or seed or an equivalent quality of any combination of the above meat/meat alternate	1/2 oz.=50%	3/4 oz.=50%	3/4 oz.=50%	1 oz.=50%	1 1/2 oz.=50%
Vegetable/Fruit					
2 or more servings of vegetable or fruit or both to total	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup
Grains/Breads[3]					
Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 per week	8 per week	8 per week	8 per week	10 per week

[1] Group IV is the one meal pattern which will satisfy all requirements if no portion size adjustments are made.

[2] Group V specifies recommended, not required, quantities for students 12 years and older. These students may request smaller portions, but not smaller than those specified in Group IV.

[3] Minimum portion sizes and revised recipe calculations for grains/breads in Appendix II.

Refer to Appendix III for infant meal pattern.

BEST COPY AVAILABLE

[illegible]

Meal Component	Minimum Quantities				
	Required				Option
	Ages 1-2	Preschool	Grades K-6	Grades 7-12	Grades K-3
Milk (as a beverage)	1/4 cup (6 fl. oz.)	3/4 cup (6 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)	1/2 pint (8 fl. oz.)
Meat/Meat Alternate (quantity of the edible portion as served) A serving of one of the following or a combination to give an equivalent quality:					
Lean meat, poultry or fish	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.
Cheese	1 oz.	1 1/2 oz.	2 oz.	2 oz.	1 1/2 oz.
Large egg	1/2	3/4	1	1	3/4
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	1/2 cup	3/8 cup
Peanut butter or other nut or seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	4 Tbsp.	3 Tbsp.
Yogurt	4 oz.	6 oz.	6 oz.	8 oz.	12 oz.
The following may be used to meet no more than 50% of the requirement and must be used in combination with any of the above:					
Peanuts, soynuts, tree nuts or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternate	1/2 oz.=50%	3/4 oz.=50%	1 oz.=50%	1 oz.=50%	3/4 oz.=50%
Vegetables/Fruits 2 or more servings of vegetables or fruits or both to total	1/2 cup	1/2 cup	3/4 cup plus extra 1/2 cup over a week[1]	1 cup	3/4 cup
Grains/Breads[3] Must be enriched or whole grain. A serving is a slice of bread or an equivalent serving of biscuits, rolls, etc., or 1/2 cup of cooked rice, macaroni, noodles, other pasta products or cereal grains	5 servings per week[1] Minimum of 1/2 per day[2]	8 servings per week[1] Minimum of 1 per day[2]	12 servings per week[1] Minimum of 1 per day[2]	15 servings per week[1] Minimum of 1 per day[2]	10 servings per week[1] Minimum of 1 per day[2]

[1] For the purpose of this chart, a week equals five days.

[2] Up to one grains/breads serving per day may be a dessert.

[3] Minimum portion sizes and revised recipe calculations for grains/breads in Appendix II.

Refer to Appendix III for infant meal pattern.

BEST COPY AVAILABLE

TRADITIONAL AND FOOD BASED MEAL PATTERN
ADDITIONAL REQUIREMENTS FOR LUNCH

Meat or Meat Alternate

Must be served in the main dish or the main dish and one other menu item.

Textured vegetable protein products and enriched macaroni with fortified protein may be used to meet part of the meat/meat alternate requirement. (See page 16 for information on alternate foods.)

No more than 50% of the requirement shall be met with nuts or seeds. Nuts or seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purposes of determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.

Vegetable and/or Fruit

No more than one-half of the total requirement may be met with full-strength fruit or vegetable juice.

Cooked dry beans or peas may be used as a meat alternate or as a vegetable but not as both in the same meal.

Juice and Juice Drinks

The following juice products may be used towards meeting the vegetable/fruit component of the school lunch or school breakfast meal pattern:

◊ Full-Strength Fruit or Vegetable Juice

This is an undiluted juice obtained by extraction from fresh fruit or vegetable. It may be fresh, canned, frozen or reconstituted from a concentrate and may be served in either a liquid or a frozen state.

The name of the full-strength fruit or vegetable juice as it appears on the label must include the word(s) "juice" or "full-strength juice" or "single strength juice" or "100 percent juice" or "reconstructed juice" or "juice from concentrate."

◊ Juice Drink

This product contains full-strength juice along with added water and possibly other ingredients such as sweeteners, spices, or flavorings. A juice drink may be canned, frozen, or reconstituted from a frozen concentrate, or a "juice base." A juice drink may be used towards meeting the vegetable/fruit component of the meal pattern when the following conditions are met:

1. Product must contain a minimum of 50 percent full-strength juice.
2. Only the full-strength juice portion of the juice drink may be counted towards meeting the vegetable/fruit component.

3. The label ingredient statement must list "juice," "full-strength juice," "reconstituted juice," "juice from concentrate," "juice concentrate" or "100% juice base."

◊ Juice Concentrate

When a juice concentrate or a juice drink concentrate is used in its reconstructed form, it is considered a full-strength juice or a juice drink, as appropriate, and is credited accordingly.

When planning menus which use juices or juice drinks, it is important to keep the level of liquids in the meal at a reasonable portion. To accomplish this goal, a full-strength juice may be served rather than a juice drink. For example, 1/2 cup full-strength juice versus 1 cup juice drink.

Grains/Breads

Traditional Only: At least 1/2 serving of grains/breads or an equivalent quantity of grains/breads alternate for Group I, and 1 serving for Groups II-V, must be served daily.

Food Based Only: At least one serving of grains/breads must be served daily. No more than one grains/breads serving per day may be a dessert.

Enriched macaroni with fortified protein may be used as a meat alternate or as a grains/breads but not as both in the same meal.

See Appendix II for minimum portion sizes and revised recipe calculations for grains/breads.

Milk

Schools must offer students a variety of milk consistent with children's preferences for various types of milk offered in the previous year. If a particular type of milk represents less than one percent of the total amount of milk consumed in the previous year, that type may be discontinued.

Please refer to *Healthy School Meals Training* manual for detailed guidance on the Food Based menu planning option.

NONCREDITABLE FOODS IN NATIONAL SCHOOL LUNCH PROGRAM

Noncreditable foods may be served during the lunch period, as well as contribute to the nutritional content of the menu. However, these foods do not count toward the meal requirements in Traditional and Food Based Meal Patterns.

MEAT/MEAT ALTERNATE GROUPS

- Bacon
- Cream Cheese
- Tofu
- Canned Meat Soups (Example: Chicken Noodle, Chicken Rice)
- Packaged Macaroni/Cheese/Spaghetti Products
- Imitation cheese
- Noncommercial and/or Nonstandardized Yogurt Products (Example: frozen yogurt, homemade yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit and/or nuts and similar products)

FRUIT/VEGETABLE GROUP

- Jams, Jelly Preserves
- Plain Gelatin Desserts
- Nectars (Example: Peach, Pear, Apricot)
- Ades (Lemonade, Limeade, Orangeade)
- Fruit Drinks (Example: Pineapple/Grapefruit Drink/HI-C)
- Cranberry Juice, Cranapple Juice Cocktail, Cranapple Juice
- Coconut
- Tomato Catsup
- Hominy
- Mustard
- Pickle Relish
- Chili Sauce
- Dry Vegetables for Seasoning
- Cream of Celery Soup
- Cream of Mushroom Soup
- Potato chips, Corn Chips
- Potato Sticks
- Fruit Roll-ups, Fruit Leathers

GRAINS/BREADS ALTERNATE GROUP

- Dessert such as pie crust, cakes, cookies
  (creditable only under Food Based Meal Pattern)

MILK GROUP

- Ice Cream, Ice Milk or Sherbet
- Yogurt
- Butter
- Evaporated Milk
- Nonfat Dry Milk

NUMENUS AND ASSISTED NUMENUS

NuMenus and Assisted NuMenus are menu planning methods, which do not use a meal pattern, but are based upon the analysis of nutrients in the foods offered. Meals must be formulated to meet the required nutrition goals. The nutritional analysis is performed using a computer and USDA-approved software either by the school (NuMenus) or an outside entity (Assisted NuMenus). The software incorporates a national nutrient database which is tailored for the National School Lunch Program and School Breakfast Program.

Nutritional analysis is based on menus averaged over a one-week period. All foods served, including condiments, are considered in the analysis. A weighted nutrient analysis method may be used. Weighted nutrient analysis gives more weight to the nutrients in the foods that are more frequently selected. Breakfast menus may be averaged with lunch menus or they may be analyzed separately.

Required Grade/Age Groups

Under NuMenus and Assisted NuMenus, schools have the option to plan menus that provide appropriate calorie and nutrient levels for lunch and breakfast based on age or grade groupings. Using age groups allows menu planners to develop menus that are more accurately targeted to the specific nutritional needs of the children.

Grade Groups:
- Preschool
- Grades K - 6
- Grades 7 - 12
- Optional group K - 3

Age Groups:
- Ages 3 - 6
- Ages 7 - 10
- Ages 11 - 13
- Ages 14 - 17

Meal Requirements for Lunch

During lunch a minimum of three menu items must be offered. Each meal must consist of:

- Entree
- Side dish
- Milk

See *Healthy School Meals Training* manual for detailed guidance on NuMenus and Assisted NuMenus.

OFFER VERSUS SERVE AT LUNCH

"Offer versus Serve" is a serving method designed to reduce food waste and food costs in the school lunch program without jeopardizing the nutritional integrity of the lunches served. It allows senior high school students and, when approved by the local school district, students in any other grade, to choose fewer food items in an offered meal.

Schools that use this method of serving must continue to offer all five food items, in Traditional and Food Based meal patterns, or three menu items, in NuMenus and Assisted NuMenus, for lunch. A student may refuse a certain number of food/menu items he/she does not intend to eat. When a full portion of a food/menu item is declined, a smaller portion may be offered. Offering smaller portions is not mandatory and is a local decision.

> **The school may not require that certain food/menu items be taken. The intent of Offer versus Serve is to allow students to refuse food/menu items they do not intend to consume. Students must be given the opportunity to decide which food/menu items they will consume. For example, under Traditional meal pattern, a school, may not require a student to take the meat or milk food item, but allow him/her to refuse other food items.**

Traditional and Food Based Meal Patterns

Components	Food Items	Sample Menu
1. Meat/meat alternate	1. Meat/meat alternate	1. Baked chicken
2. Vegetable and/or fruit (two or more)	2. Vegetable or fruit	2. Mashed potatoes
	3. Vegetable or fruit	3. Seasoned green beans
3. Grains/breads	4. Grains/breads	4. Roll
4. Milk	5. Milk	5. Milk

At least three **full** portions of the five food items offered must be taken for a lunch to be reimbursable.

There are a number of points to remember in identifying food items.

1. A *food item* is different from a *menu item*. A *menu item* is any planned main dish, vegetable and/or fruit, bread, milk and any "other foods" (foods which do not meet meal requirements but which are served to help round out the lunch) that are named on the menu to be served on a given day. *Food items* make up menu items. For example, the main dish named on a menu may be a hamburger. The *menu item*, hamburger, is made up of two *food items*: the meat or meat alternate food item and the grains/breads food item.

2. A menu item may contain only one food item or it may contain more than one food item. Common examples of menu items containing more than one food item are pizza, all sandwiches, spaghetti with meat sauce, chef salad and tacos. Spaghetti with meat sauce, for example, contains three food items: meat and vegetable in the meat sauce, the bread in the spaghetti noodles. Thus a reimbursable lunch could contain as few as one or two menu items.

3. The meat or meat alternate food item may be split into more than one menu item. This happens when the meat or meat alternate is contained in the main dish and one other menu item. In order for the meat or meat alternate to count as one of the five food items, the student would have to take *both* the main dish and one other menu item. An example of this is a soup and sandwich lunch in which the soup and sandwich *together* contain two ounces of meat (perhaps ½ ounce of meat in the soup and 1 ½ ounces in the sandwich). For the meat or meat alternate to count as one of the five food items, the student would have to take both the soup and sandwich. It should be noted, however, that in this situation, if a student takes only one of the menu items, the lunch is still reimbursable if it contains at least three full portions of three other food items. For example, a student could take the sandwich, a piece of fruit and milk and have a reimbursable lunch because it contains three full food items—bread in the sandwich, fruit and milk. (A menu planner may want to avoid planning menus with food items split into more than one menu item for the sake of simplicity.)

4. To count the vegetable/fruit component as two food items, the *total* quantity taken by the student must total the following:

   - Traditional: 1/2 cup for grades K-3 and 3/4 cup for grades 4 and over
   - Food Based: 3/4 cup (plus 1/2 cup extra over a week) for grades K-6 and 1 cup for grades 7 and over

   The quantity of vegetable/fruit offered must be consistent with the planned serving size for each item. When planning the vegetable/fruit requirement consider the following portion size examples.

   a. 1/4 cup, 1/4 cup and 1/4 cup

      If the menu contains three 1/4 cup servings of vegetable/fruit, the student will have to take all three to count as two food items. If the student takes one or two servings, it will count as only *one* item.

   b. 1/2 cup and 1/4 cup

   c. 3/8 cup and 3/8 cup

   d. 5/8 cup and 1/8 cup

      In b-d, if the student chooses one of the portions (as planned) that counts as one item. If the student chooses both of the portions (as planned) that counts as two items.

5. To count the grains/breads food item as one of the three (or four) needed for a reimbursable lunch, a student must take one full serving of grains/breads. One serving of grains/breads is the minimum quantity which must be offered each day. Therefore, in menus where there may be two items of grains/breads, such as spaghetti with Italian bread, the student may take both but must take at least one full serving of either the spaghetti or the Italian bread to count as the grains/breads food item.

6. The three (or four) food items required to make up a reimbursable lunch must be *different* food items. A *second* portion of milk or a *second* piece of pizza for example, may *not* count toward the reimbursable lunch.

Please refer to *Healthy School Meals Training* manual for detailed guidance on the Food Based menu planning option.

NuMenus and Assisted NuMenus

Menu Items	Sample Menu
1. Entree	1. Hamburger
2. Side	2. Carrot Sticks
3. Milk	3. Milk

At least two **full** portions (one must be an entree) of the three menu items offered must be taken for a lunch to be reimbursable.

Since NuMenus and Assisted NuMenus rely on the nutrient content of the planned menu, not a meal pattern, food components or food items do not exist. *Menu items* can be any single food or a combination of foods.

The *entree* is a menu item that is a combination of foods or a single food item that is served as the main course. Any other menu item offered is considered a *side dish* unless it is fluid milk or a condiment.

Requirements for implementing Offer versus Serve during lunch under NuMenus or Assisted NuMenus is as follows:

- Offer a minimum of three menu items
- Students must select at least two full size portion items
- One item must be an entree
- Students may decline a maximum of two items if more than three menu items are offered

Senior High School

Regardless of which menu planning option is chosen, schools are **required** to implement the Offer versus Serve provision for senior high school students (grades 9-12). In senior high school, a student must be allowed to refuse those food/menu items which he/she does not intend to eat. A lunch is reimbursable if a student takes full portions of the creditable food/menu items offered.

Elementary, Middle and Junior High Schools

The implementation of the Offer versus Serve provision in schools below the senior high school level is left to the discretion of local school districts. The school has the option of determining how Offer versus Serve will operate. In elementary, middle and junior high schools the local school district may decide:

1. To implement or not implement Offer versus Serve.
2. Traditional or Food Based Meal Patterns: to allow students to decline a maximum of two food items (as in senior high schools) or to decline only one food item.
3. NuMenus or Assisted NuMenus: determine how many menu items (if offering more than the minimum of three) must be selected to make a reimbursable meal.
4. In which schools and in which grades Offer versus Serve will be implemented. (Offer versus Serve may be implemented in all or some schools in the district and in all or some grades in a school.)

A LA CARTE SERVICE AND/OR SNACK BAR LINES

If a school participates in the National School Lunch Program and also provides an a la carte and/or snack bar service, it is possible to claim reimbursable meals from these services. However, the following requirements *must* be met:

Traditional and Food Based Menu Options:

1. Five food items which meet the meal pattern requirement must be made available on the a la carte line.
2. Food items that are intended to meet the meal patterns *must* be served in the planned portion sizes.
3. These combinations *must* be sold at an established unit price.
4. All free and reduced-price students *must* be permitted to receive the reimbursable meal from the a la carte and/or salad bar services.

If these requirements are met, the meal is considered as reimbursable for claims.

A la carte prices should be set to cover the total cost of each menu item when:

1. A student chooses items that do not meet the meal pattern.
2. A student chooses additional foods which are not planned and merchandised as part of the school lunch menu.

NuMenu and Assisted NuMenu Menu Options:

1. Three menu items outlined on page 11 (Meal Requirements for Lunch) must be made available on the a la carte line.
2. Menu items *must* be served in the planned portion sizes.
3. These combinations *must* be sold at an established unit price.
4. All free and reduced-price students *must* be permitted to receive the reimbursable meal from the a la carte and/or salad bar services.
5. The a la carte option is treated as another menu choice, therefore, it must be averaged into the weekly nutrient analysis based on projected servings.

Please refer to *Healthy School Meals Training* manual for detailed guidance on the Food Based, NuMenus and Assisted NuMenus menu planning options.

ALTERNATE FOOD ITEMS

Meat Alternates

◊ Enriched Macaroni With Fortified Protein

Enriched macaroni with fortified protein is a macaroni product to which protein has been added. It is not the same as regular enriched macaroni. Enriched macaroni with fortified protein must be combined with meat, poultry, fish or cheese. Dry enriched macaroni with fortified protein may be used to meet no more than 50 percent of the meat/meat alternate requirement.

> **Only products that appear on the USDA listing of acceptable enriched macaroni with fortified protein and have the following statement on the label may be used: "One ounce dry weight of this product meets one-half of the meat or meat alternate requirements of lunch or supper of the USDA Child Nutrition Programs when served in combination with one or more ounces of cooked meat, poultry, fish or cheese."**

For additional information regarding a current listing of acceptable products contact the Child Nutrition Program (CNP) Office.

◊ Vegetable Protein Products (VPP)

Vegetable protein products (VPP) are processed from soy or other vegetable protein sources and are fortified with vitamins and minerals. VPP may be used in the dry, partially hydrated or fully hydrated form in combination with meat, poultry or seafood. However, a fully hydrated VPP may not exceed 30 parts to 70 parts uncooked meat, poultry or seafood.

> **Only VPPs that have the label statement, "This product meets USDA-FCS requirements for use in meeting a portion of the meat/meat alternate requirement of the child nutrition programs," may be used as an alternate food.**

◊ Yogurt

Four ounces (weight) or 1/2 cup (volume) of commercial, standardized yogurt is equivalent to one ounce of the meat/meat alternate requirement. Plain or flavored, sweetened or unsweetened yogurt must contain live and active bacterial cultures to be creditable.

Grains/Breads Alternates

(only applicable to Traditional and Food Based Meal Patterns)

◊ Formulated Grain-Fruit Products

These products may be used to meet the fruit/vegetable requirement and one serving of grains/breads alternate for the School Breakfast Program. A list of companies, and the approved formulated grain-fruit products are available from the CNP Office.

RESTRICTED COMPETITIVE FOODS

Competitive foods are any foods sold in competition with the program in food service areas during the lunch periods. Restricted competitive foods CANNOT be sold where a reimbursable meal is being sold or eaten. These foods are considered to have minimal nutritional value.

(1) **SODA WATER** - As defined by 21CFR 165.175 Food and Drug Administration Regulations, (class of beverages made by absorbing carbon dioxide in potable water, etc.) except no product shall be excluded from this definition because it contains artificial sweeteners or discrete nutrients added to the food such as vitamins, minerals, and proteins.

(2) **WATER ICES** - As defined by 21CFR 135.160 Food and Drug Administration Regulations, except that water ices which contain fruit or fruit juices are not included in this definition.

(3) **CHEWING GUM** - Flavored products from natural or synthetic gums and other ingredients which form an insoluble mass for chewing.

(4) **CERTAIN CANDIES** - Processed foods made predominantly from sweeteners or artificial sweeteners with a variety of minor ingredients which characterize the following types:

(a) **Hard Candy** - A product made predominantly from sugar (sucrose) and corn syrup which may be flavored and colored, is characterized by a hard, brittle texture, and includes such items as sour balls, fruit balls, candy sticks, lollipops, starlight mints, after dinner mints, sugar wafers, rock candy, cinnamon candies, breath mints, jaw breakers and cough drops.

(b) **Jellies and Gums** - A mixture of carbohydrates which are combined to form a stable gelatinous system of jelly-like character, and are generally flavored and colored, and include gum drops, jelly beans, jellied and fruit-flavored slices.

(c) **Marshmallow Candies** - An aerated confection composed of sugar, corn syrup, invert sugar, 20% water and gelatin or egg white to which flavors and colors may be added.

(d) **Fondant** - A product consisting of microscopic sized sugar crystals which are separated by a thin film of sugar and/or invert sugar in solution such as candy corn, soft mints.

(e) **Licorice** - A product made predominantly from sugar and corn syrup which is flavored with an extract made from the licorice root.

(f) **Spun Candy** - A product that is made from sugar that has been boiled at high temperature and spun at a high speed in a special machine.

(g) **Candy Coated Popcorn** - Popcorn which is coated with a mixture made predominantly from sugar and corn syrup.

*Petitions to amend these categories may be submitted on or before November 15, or May 15 of each year to: Chief, Technical Assistance Branch, Nutrition and Technical Services Division, FCS, USDA, Alexandria, VA 22302. **Source:** Code of Federal Regulations, Title 7, Part 210, Appendix B.

See Appendix IV for exemptions to the restricted competitive foods list.

TRADITIONAL AND FOOD BASED MEAL PATTERN FOR BREAKFAST
REQUIRED MINIMUM SERVING SIZES

Traditional and Food Based Meal Pattern Breakfast				
	Minimum Quantities			
Meal Component	Ages 1-2	Preschool (Ages 3, 4, 5)	Grades K-12 (Ages 6 & Up)	Grades 7-12[1]
Fluid Milk (As a beverage, on cereal or both)	1/2 cup	3/4 cup	8 fl. oz.	8 fl. oz.
Juice/Vegetable/Fruit				
Fruit and/or vegetable; or full-strength fruit juice or vegetable juice	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Select *one* serving from each of the following components or *two* from one component (If using Food Based Meal Pattern optional grades 7-12: an additional serving of grains/breads is required)				
Grains/Breads[2]				
One of the following or an equivalent combination:				
Whole grain or enriched bread	1/2 slice	1/2 slice	1 slice	1 slice
Whole grain or enriched biscuit/roll, muffin, etc.	1/2 serving	1/2 serving	1 serving	1 serving
Whole grain, enriched or fortified cereal	1/4 cup or 1/3 oz.	1/3 cup or 1/2 oz.	3/4 cup or 1 oz.	3/4 cup or 1 oz.
Meat/Meat Alternate				
One of the following or an equivalent combination:				
Lean meat, poultry or fish	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Cheese	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Large egg	1/2	1/2	1/2	1/2
Cooked dry beans and peas	2 Tbsp.	2 Tbsp.	4 Tbsp.	4 Tbsp.
Peanut butter or other nut or seed butters	1 Tbsp.	1 Tbsp.	2 Tbsp.	2 Tbsp.
Nut and/or seeds[3] (as listed in program guidance)	1/2 oz.	1/2 oz.	1 oz.	1 oz.
Yogurt	2 oz.	2 oz.	4 oz.	4 oz.

[1] Optional grade grouping under Food Based Meal Pattern.

[2] Minimum portion sizes and revised recipe calculations for grains/breads in Appendix II.

[3] No more than 1 oz. of nuts and/or seeds may be served in any one meal.

BEST COPY AVAILABLE

TRADITIONAL AND FOOD BASED MEAL PATTERN ADDITIONAL REQUIREMENTS FOR BREAKFAST

Schools are encouraged, but not required, to vary portion sizes to better meet the food and nutritional needs of students by age. If a school chooses not to vary portion sizes, it is important to ensure that all students being served receive the minimum quantity requirements for their age group. For any given age group of students, a school may serve more than the minimum quantity, but not less.

Vegetable and/or Fruit

A second serving of vegetable/fruit or juice or a second serving of milk will not count towards the reimbursable breakfast.

Refer to pages 8 and 9 for information on juice and juice drinks.

Meat/Meat Alternate and Grains/Breads

Three servings of meat/meat alternate and grains/breads (in any combination) will not count as a reimbursable breakfast.

Refer to Appendix II for minimum portion sizes and revised recipe calculations for grains/breads.

NUMENUS AND ASSISTED NUMENUS FOR BREAKFAST

A minimum of 3 menu items must be offered for breakfast. Each meal must consist of:

- Milk
- Any two other food items, except foods of minimum nutritional value

The age/grade groupings for breakfast are the same as lunch.

OFFER VERSUS SERVE AT BREAKFAST

School districts are allowed, but not required, to implement Offer versus Serve in their breakfast programs at some or all grade levels. The difference in schools implementing or not implementing Offer versus Serve is in what a student is required to take of the offered breakfast. In schools **not implementing** Offer versus Serve, a student must take full portions of all food/menu items offered.

Traditional or Food Based Meal Pattern

The school breakfast meal requirements for Traditional or Food Based Meal Pattern consist of four food items.

- All four food items must be offered (made available) to all students.
- The serving size offered of those four food items must be consistent with the minimum quantities specified in the Traditional and Food Based Meal Pattern For Breakfast, page 18

To determine whether a breakfast is reimbursable under Offer versus Serve, it is necessary to be able to identify the four food items as they appear in the breakfast.

Food Items

1. Fluid Milk
2. Fruit or vegetable, or full-strength fruit juice or vegetable juice

AND

3. Grains/Breads
4. Grains/Breads

OR

3. Meat or meat alternate
4. Meat or meat alternate

OR

3. Grains/Breads
4. Meat or meat alternate

The refused component may be any of the four components offered to the student. A student's decision to accept or refuse one of the four components does not affect the charge for breakfast.

NuMenus or Assisted NuMenus

The school breakfast meal requirements for NuMenus or Assisted NuMenus consist of three menu items, (see page 19). With Offer versus Serve, the following requirements apply:

- Offer a minimum of three menu items
- Students must select at least two full-portion items
- Students may decline a maximum of one item

Please refer to *Healthy School Meals Training* manual for detailed guidance on the Food Based, NuMenus and Assisted NuMenus menu planning options for breakfast.

REQUIREMENTS FOR FOOD PRODUCTION RECORDS

Federal regulations require that a food production worksheet must be completed for every meal served. These records must remain at the school at all times. In order to receive federal reimbursement, the following are required:

1. Menus must meet one of the USDA menu planning options.
2. Daily food production worksheets must show amounts of all food/menu items actually prepared and served.

The planning portion of the food production worksheet must be completed in advance to ensure that:

1. Food purchases are appropriate.
2. The correct amount of food can be prepared and served.

The completed food production worksheet gives an accurate record of the amount of food used, and the number of portions served. This record provides a useful tool in the planning of future menus.

Most of the worksheet can be filled out a week or a month in advance by using simple arithmetic and the *Food Buying Guide.* Menu production records serve as a dual purpose of demonstrating compliance with program requirements and communicating the menu to staff.

Daily Food Production Worksheet forms are included in this workbook. Utilize the worksheet on pages 28-29 or 30-31 if you are following the Traditional or Food Based menu option. Utilize the worksheet on pages 34-35 if you are following the NuMenus or Assisted NuMenus menu option. Menu planners may choose to use these prototype forms or develop one of similar format.

If food production records are deficient or inaccurate at the time of a review or audit, financial sanctions may result against the sponsor.

FOOD PRODUCTION WORKSHEET

Instructions

This *Food Buying Guide* shows the amount of food needed for 1-9, 10-90, and 100-1000 servings of a food/menu item. The *Food Buying Guide* is designed for all four menu planning options in determining how much food needs to be prepared.

Follow these instructions to determine the amount of food needed per serving size:

1. Fill out the site, date, day, menu, and any comments (for example: recipe number, method of food preparation - broiled or baked) for each day a meal will be served.

2. Determine the number of meals planned per grade grouping for each day and indicate under "# Planned".

3. List each food/menu item under the appropriate food component/menu item section (including condiments).

4. Determine the portion sizes of each food/menu item (including condiments) per grade grouping and indicate under "Portion Sizes". For example: 1 1/2 ounces ground beef for grades K-3, 2 ounces ground beef for grades 4-6 & 7-12, 1/4 cup sliced peaches for all grades (K-3, 4-6, &, 7-12), 1/4 cup celery sticks for grades K-3 & 4-6, 1/2 cup celery sticks for grades 7-12, 1/2 cup noodles for grades K-3 & 4-6, 1 cup noodles for grades 7-12, 1% chocolate milk all grades 8 fluid ounces, and whole milk all grades 8 fluid ounces.

5. Decide on the number of servings needed (per serving size) for each food/menu item (including condiments) and indicate under "# of Servings Planned". It will then be necessary to refer to the *Food Buying Guide* to arrive at the total amount of food needed, per food item.

FOOD ITEM: BEEF, GROUND—MARKET STYLE (NO MORE THAN 30% FAT)
SERVING SIZE: 2 oz.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.18	10	1.80	100	18.00
2	0.26	20	3.60	200	36.00
3	0.54	30	5.40	300	54.00
4	0.72	40	7.20	400	72.00
5	0.90	50	9.00	500	90.00
6	1.08	60	10.80	600	108.00
7	1.26	70	12.60	700	126.00
8	1.44	80	14.40	800	144.00
9	1.62	90	16.20	900	162.00
				1000	180.00

ADDITIONAL INFORMATION:
ONE POUND AS PURCHASED = 0.70 LB. COOKED MEAT

To determine the amount of food needed, refer to the number opposite the "Number of Meals."

Example A: 5 - 2 oz. servings of ground beef = .90 pounds

If the number of meals planned for is other than 1-9, 10-90, or 100-1,000, then it will be necessary to add the figures from the three (3) columns.

Example B: 335 meals/2.0 servings of ground beef

	No. of Meals	Pounds Required
	5	0.90
	30	5.40
	300	54.00
Totals	335	60.30

If the last two digits of the amount of food needed are greater than .50 (as in Example A) round up to the next whole number. If the last two digits of the amount of food needed are less than .50 (as in Example B) round up to the nearest half. Therefore, example A requires 1.0 pound of ground beef for 5 servings and example B requires 60.50 pounds of ground beef for 335 serving.

6. The numbers listed under the "Number of Meals" column is the amount of the food item needed to meet the indicated serving size of that item. Document the amount of food planned per food/menu item under "Amount Planned".

   When the amount of meat/meat alternate planned for is not equal to the *one ounce* serving size listed, an adjustment must be made:

   - For one-half (1/2) ounce of meat/meat alternate, *divide* the pounds/cans/boxes/etc. needed by 2.
   - For one and one-half (1 1/2) ounces of meat/meat alternate, *multiply* the pounds/cans/boxes/etc. needed by 1.5.
   - For two (2) ounces of meat/meat alternate, *multiply* the pounds/cans/boxes/etc. needed by 2.

   When the amount of meat/meat alternate planned for is not equal to the *two ounces* serving size listed, an adjustment must be made:

   - For one-half (1/2) ounce of meat/meat alternate, *divide* the pounds/cans/boxes/etc. needed by 4.
   - For one (1) ounce of meat/meat alternate, *divide* the pounds/cans/boxes/etc. needed by 2.
   - For one and one-half (1 1/2) ounces of meat/meat alternate, *multiply* the pounds/cans/boxes/etc. needed by 0.75.

For example:	Ground Beef
1.5 oz for grades K-3	50 servings = 9.0 pounds x 0.75 = 7 pounds
2 oz for grades 4-6 & 7-12	285 servings = 51.5 pounds

   Total amount of ground beef for 335 servings is *58.5 pounds*

   When the amount of fruit/vegetable planned for is not equal to the *one-fourth (1/4) cup*, an adjustment must be made:

- For one-eighth (1/8) cup fruit/vegetable, *divide* the pounds/cans needed by 2.
- For three-eighths (3/8) cup fruit/vegetable, *multiply* the pounds/cans needed by 1.5.
- For one-half (1/2) cup of fruit/vegetable, *multiply* the pounds/cans needed by 2.

For example:	Peaches
1/4 cup for grade K-12	335 servings = 7.5 #10 CANS

Total amount of peaches for 335 servings is *7.5 #10 CANS*

For example:	Celery Sticks
1/4 cup for grades K-3 & 4-6	215 servings = 18 pounds
1/2 cup for grades 7-12	120 servings = 10 pounds x 2 = 20 pounds

Total amount of celery sticks for 335 servings is 38 *pounds*

When the amount of grains/breads planned for is not equal to the *one-half (1/2) cup* in some products, an adjustment must be made:

- For one-fourth (1/4) cup grains/breads, *divide* the pounds needed by 2.
- For one (1) cup grains/breads, *multiply* the pounds needed by 2.

For Example:	Noodles
1/2 cup for grades K-3 & 4-6	215 servings = 11 pounds
1 cup for grades 7-12	120 servings = 6 pounds x 2 = 12 pounds

Total amount of noodles for 335 servings is *23 pounds*

7. After meal service, indicate the actual number of meals served under "# Served"
8. After meal service, indicate the actual amount of food (including condiments) used/served in the last column, "Amount Served", of the production worksheet.

A continuation page of the Food Production Worksheet is provided for the following:

- a la carte
- salad bar
- theme bars
- additional food items

Please refer to *Healthy School Meals Training* manual for detailed guidance on the Food Based, NuMenus and Assisted NuMenus menu planning options.

Food Production Worksheet for [✓ Traditional]/Food Based Site: SampleI School

Date 8/26/97 Day: M [✓ T] W Th F

# Planned		# Served	Menu	Comments
K-3	50	40	Spaghetti with Meat Sauce	Teachers do not all take milk with meals.
4-6	165	180	Celery sticks	
7-12	100	90	Peaches	Meat Sauce Recipe - SampleI School #45
Adults	20	18	milk	
Total	335	328	Ranch dressing (for celery sticks)	

FOOD ITEMS	Portion Sizes				# of Servings Planned	Amount Planned	Amount Served
	K-3	4-6	7-12	Adults			
Meat/Meat Alternates Ground beef - USDA donated	1 1/2 oz	2 oz	2 oz	2 oz	335	58.5#	57.5#
Vegetables/Fruits (2 or more) Tomato Paste (in sauce) Celery sticks Peaches, diced canned	1/4 c 1/4 c 1/4 c	1/4 c 1/4 c 1/4 c	1/4 c 1/2 c 1/4 c	1/4 c 1/2 c 1/4 c	335	2.5 #10 can 38# 7.5 #10 can	2 #10 can 36.5# 7 #10 can
Grains/Breads Spaghetti Servings to date for the week 3	1/2 c	1/2 c	1 c	1 c	335	23#	22#
Milk Type 1% Chocolate whole	1/2 pt 1/2 pt	1/2 pt 1/2 pt	1/2 pt 1/2 pt	1/2 pt 1/2 pt	330 10	330 10	330 10
Other (Desserts, condiments, etc.) Ranch Dressing (Low Calorie)	1 oz	1 oz	1 oz	1 oz	335	1.5 gal	1.5 gal

BEST COPY AVAILABLE

CONTINUATION - Food Production Worksheet for [✓ Traditional]/Food Based Site: Sample I School

Date 8/26/97 Day: M [✓ T] W Th F	Menu	Comments
# Planned K-3 4-6 7-12 Adults Total # Served		No Salad Bar today

FOOD ITEMS	Portion Sizes				# of Servings Planned	Amount Planned	Amount Served
	K-3	4-6	7-12	Adults			

BEST COPY AVAILABLE

Food Production Worksheet for Traditional/Food Based Site: ______________________________

Date____________ Day: M T W Th F		Menu	Comments
# Planned K-3____________ 4-6____________ 7-12___________ Adults_________ Total__________	# Served ______________ ______________ ______________ ______________ ______________		

FOOD ITEMS	Portion Sizes				# of Servings Planned	Amount Planned	Amount Served
	K-3	4-6	7-12	Adults			
Meat/Meat Alternates							
Vegetables/Fruits (2 or more)							
Grains/Breads Servings to date for the week ________							
Milk Type ______________ ______________ ______________							
Other (Desserts, condiments, etc.)							

CONTINUATION - Food Production Worksheet for Traditional/Food Based Site: ____________________

Date__________	Day: M T W Th F	Menu	Comments
# Planned K-3__________ 4-6__________ 7-12__________ Adults__________ Total__________	# Served __________ __________ __________ __________ __________		

FOOD ITEMS	Portion Sizes				# of Servings Planned	Amount Planned	Amount Served
	K-3	4-6	7-12	Adults			

Formulario De Producion De Comida

Sitio: ______________________________

Fecha__________	Día: M T W Th F	Menú	Comentarios
# Planeado K-3__________ 4-6__________ 7-12__________ Adultos__________ Total__________	# Servido __________ __________ __________ __________ __________		

Detalles de Comida	Tamaño de Porción				# de Servido Planeada	Cantidad Planeada	Cantidad Servida
	K-3	4-6	7-12	Adultos			
Carne/Aleternativa de Carne							
Verduras/frutas (2 o màs)							
Panes/granos Servido hasta la fecha esta semana______							
Leche Tipo ______________ ______________ ______________							
Otra Cosa (postres, condimentos, etc.)							

i: stu_svcs\nsl\caa137 (07/02/97)

CONTINUACIÓN - Formulario De Producion De Comida

Sitio: ______________________

Fecha ______	Día: M T W Th F	Menú	Comentarios
# Planeado	# Servido		
K-3 __________	__________		
4-6 __________	__________		
7-12 __________	__________		
Adultos __________	__________		
Total __________	__________		

Detalles de Comida	Tamaño de Porción				# de Servido Planeada	Cantidad Planeada	Cantidad Servida
	K-3	4-6	7-12	Adultos			

i: stu_svcs\nsl\caa137 (07/08/97)

Food Production Worksheet for NuMenus/[✓ Assisted NuMenus] Site: Sample II School

Date 8/26/97	Day: M [✓ T] W Th F	**Menu**	**Comments**
# Planned	**# Served**	Spaghetti with Meat Sauce and wheat bread Celery sticks with Ranch Dressing (low calorie) Peaches milk	Spaghetti with Meat Sauce recipe – Sample II school #56 Some teachers do not take milk.
K-3 50	46		
4-6 165	180		
7-12 100	90		
Adults 20	18		
Total 335	328		

MENU ITEMS	Portion Sizes K-3	4-6	7-12	Adults	# of Servings Planned	Amount Planned	Amount Served
Entree/Main Course							
Spaghetti	1/2 c	1/2 c	1 c	1 c	335	23#	22#
Meat Sauce	1/2 c	1/2 c	1/2 c	1/2 c	335	42 gal.	41 gal
Wheat bread	1 slice	1 slice	1 slice	1 slice	335	21.5#'s	21#'s
Side(s)							
Celery sticks	1/4 c	1/4 c	1/2 c	1/2 c	335	38#'s	36.5#'s
Peaches	1/4 c	1/4 c	1/4 c	1/4 c	335	7.5 #10 cans	7 #10 cans
Milk Type							
1% Choc.	1/2 pt	1/2 pt	1/2 pt	1/2 pt	330	330	330
Whole	1/2 pt	1/2 pt	1/2 pt	1/2 pt	10	10	10
Other (Desserts, condiments, etc.)							
Ranch dressing for celery (low calorie)	1 Tbsp	1 Tbsp	1 Tbsp	1 Tbsp	335	1.5 gal.	1.5 gal

BEST COPY AVAILABLE

CONTINUATION - Food Production Worksheet for NuMenus/[✓ Assisted NuMenus] Site: Sample II School

Date 8/26/97	Day: M [✓ T] W Th F	Menu	Comments
# Planned K-3 4-6 7-12 Adults Total	# Served		No salad bar today.

MENU ITEMS	Portion Sizes				# of Servings Planned	Amount Planned	Amount Served
	K-3	4-6	7-12	Adults			

i: stu_svcs\nsl\caa137 (07/02/97)

Food Production Worksheet for NuMenus/Assisted NuMenus Site: ____________________

Date__________	Day: M T W Th F	Menu	Comments
# Planned K-3__________ 4-6__________ 7-12__________ Adults__________ Total__________	# Served __________ __________ __________ __________ __________		

MENU ITEMS	Portion Sizes				# of Servings Planned	Amount Planned	Amount Served
	K-3	4-6	7-12	Adults			
Entree/Main Course							
Side(s)							
Milk Type __________ __________ __________							
Other (Desserts, condiments, etc.)							

i: stu_svcs\nsl\caa137 (07/02/97)

CONTINUATION - Food Production Worksheet for NuMenus/Assisted NuMenus Site: ______________________

Date____________	Day: M T W Th F	Menu	Comments
# Planned K-3____________ 4-6____________ 7-12____________ Adults____________ Total____________	# Served ____________ ____________ ____________ ____________ ____________		

MENU ITEMS	Portion Sizes				# of Servings Planned	Amount Planned	Amount Served
	K-3	4-6	7-12	Adults			

REQUIREMENTS FOR CONVENIENCE FOODS

When using a convenience food item in the Traditional or Food Based meal pattern, a Child Nutrition (CN) Label or a Product Specification Sheet is required to support the specific food item's contribution to the meal pattern.

CHILD NUTRITION (CN) LABEL

- is a **voluntary federal** labeling program for the Child Nutrition Programs
- provides a **warranty** for CN labeled products
- allows manufacturers to state a product's contribution to the Traditional or Food Based Meal Pattern requirements on their labels

How to Identify a CN Label

A CN label will always contain the following:

- the **CN** logo, which is a distinct border
- the meal pattern contribution statement
- a product identification number
- **USDA/FCS** authorization
- the month and year of approval

Sample Label

CN

000000

This 5.00 oz.-Pizza with Ground Beef and Vegetable Protein Product provides 2.00 oz. equivalent meat/meat alternate, ½ cup serving of vegetable, and 1 ½ servings of grains/breads for the Child Nutrition Meal Pattern Requirement. (Use of this logo and statement authorized by the Food and Consumer Services, USDA 05-97.)

CN

Advantages of Using CN Labeled Products

All products that are federally approved have a CN logo and carry a warranty.

The CN label statement tells how the labeled product can be "credited" or "counted" towards meeting the meal pattern requirements for the Traditional or Food Based meal pattern.

What a CN Label Does Not State

A CN label statement does **not** do the following:

- assure that a product is "good for children"
- assure that a product is "acceptable" to children, or
- suggest that products without CN statements are inferior.

Manufacturers must not use the CN label statement to promote a product's nutritional value or acceptability.

PRODUCT SPECIFICATION SHEETS

Product specification sheets or product analysis sheets are information sheets provided by a food manufacturer. These sheets give detailed explanations of what a product actually contains and the amount of each ingredient in the product by weight. These should not be confused with advertising literature. Advertising literature may contain valuable information about a product, but may not be used to support the contribution that the product makes towards the Traditional or Food Based meal pattern.

A product specification sheet does **not** carry a USDA guarantee.

There is no standard information that must appear on a product specification sheet; these decisions are left to the individual company. The following information does appear on many product specification sheets:

- company name
- product name and description
- cooked portion size
- case pack
- preparation instructions
- ingredient analysis
- contribution towards the USDA meal pattern requirement
- company official's signature

Example of a Product Specification Sheet

LIVINGSTON FOODS
32905 WASHINGTON BOULEVARD
BRISTOL, TENNESSEE 49235

Char-Broiled Patties

Product Code	8439	8449
Type of Meat	Pork	Beef
Total Uncooked Weight	2.94 oz	2.97 oz
Raw Weight of Meat	2.5 oz	2.2 oz
Percent Fat of Raw Meat	24%	30%
Weight of Dry VPP	.10 oz	.20 oz
Weight of Water	.26 oz	.52 oz
Weight of Raw Meat & Hydrated VPP	2.86 oz	2.92 oz
Weight of Other Ingredients	.08 oz	.05 oz
Total Weight of Fully Cooked Product	2.65 oz	2.68 oz
Minimum As Purchased Protein Content of Dry VPP	64.8%	64.8%
Equivalent Meat/Meat Alternate for Child Nutrition Programs	2.00 oz	2.00 oz

Preparation: (From Frozen State)

Conventional Oven: Preheat oven to 375° F. Cook for 50 minutes.

The vegetable protein product (VPP) used is approved in accordance with Appendix A of the code of Federal Regulations issued January 7, 1983, relating to vegetable protein products used in the National School Lunch Program. Vegetable protein products may be used in the dry, partially hydrated or fully hydrated form in combination with meat, poultry or seafood. On a fully hydrated basis the VPP may not exceed 30 parts to 70 parts uncooked meat, poultry or seafood. The regulations provide for the appropriate hydration for VPP by setting the protein quantity requirements for a product when fully hydrated at 18 percent. VPP manufacturers are required to provide the minimum percent protein in the VPP as purchased. The following steps are to be used to determine the hydration of any VPP for full credit.

$$\frac{\text{Percent protein in VPP as purchased}}{\text{18\% minimum protein}} = \text{total parts hydrated product}$$

Total parts hydrated product minus one part VPP = parts water or other liquid for full hydration.

NUTRIENT DATA REQUIREMENTS

Nutrient data, or nutrition facts, from the food manufacturer must be requested for food items that are offered in school meals which do not appear in the National Nutrient Database for Child Nutrition Programs for NuMenus and Assisted NuMenus. Nutrient analysis data or the Nutrition Facts label must be obtained from the food manufacturer, food distributor and/or food broker. A sample *Data Submission Form* to use in requesting nutrient data from food manufacturers is shown on page 40-41. A sample Nutrition Facts label is shown on page 42.

Nutrient analysis data, as well as the CN Label and/or Product Specification Sheets, is also required for Traditional and Food Based Menu Planning Option. Nutrient data must be collected for the meal patterns in order for a nutrient analysis to be conducted and to support the requirements of meeting the Dietary Guidelines for Americans.

Differences in Nutrient Content

The following is a list of some differences that would effect the nutrient content of the food item used:

- raw versus cooked foods
- various heating methods (example: boiled, broiled, baked, etc.)
- volume versus weight (ounce versus gram)
- edible portion sizes
- "as served" versus "as purchased"

Data Submission Form

Data submitted for this product are on (check one):

"As Served" basis ________ "As Purchased" basis ________

Brand: ____________________

Product name: ____________________

Product code: ____________________

CN label number: ____________________

Package size: ____ lbs ____ fluid oz. ____ grams

Standard serving: ____________________

Number of servings per package: ____________________

Weight per serving: ____________ grams

Analysis based on: ____________ (100 grams or servings)

A value must be entered for each nutrient. If the food item does not contain a specific nutrient, enter zero (0).

Nutrients	Measurement	Fill in Nutrient	Unit Weight
Calories	xxx		kcal
Protein	xx.xxx		grams
Total fat	xx.xxx		grams
Saturated fat	x.xxx		grams
Carbohydrates	xx.xxx		grams
Total dietary fiber	xx.xx		grams
Cholesterol	xx.xx		milligrams
Calcium	xx.x		milligrams
Iron	xx.xxx		milligrams
Sodium	xx.x		milligrams
Vitamin C	x.xx		milligrams
Vitamin A	x.x		IU
Fat change (+/-)*	xxxx	%	N/A
Moisture change (+/-)*	xxxx	%	N/A

*** If available**

Preparation instructions to include: ingredients to be added and amounts, cooking methods, time and temperature.

What source of nutrient data was used to calculate the nutrient analysis?

__ 1. Laboratory analysis (analytical)

__ 2. Handbook 8 calculations (calculated).

__ 3. Combination of 1 and 2 (analytical and calculated).

__ 4. Nutrition Label.

__ 5. Other. Please specify.

This data submission form is for **Local School Food Service use only**.

BEST COPY AVAILABLE

Nutrition Facts

Feathers Chicken Nuggets

Serving Size 8 Nuggets (113g)
Servings Per Container about 80

Amount Per Serving

Calories 373 Calories from Fat 240

	% Daily Value*
Total Fat 27g	**40%**
Saturated Fat 7g	**31%**
Cholesterol 67mg	**23%**
Sodium 653mg	**27%**
Total Carbohydrate 19g	**7%**
Dietary Fiber 3g	**7%**
Sugars 5g	**0**
Protein 15g	**29%**

Vitamin A 3% • Iron 4%

Not a significant source of Vitamin C and Calcium.

*Percent Daily Values are based on a 2,000 calorie diet.

APPENDICES

Appendix I

FOODS HIGH IN VITAMIN A, C AND IRON

Vitamin A—Serve foods high in Vitamin A at least twice a week.

Vegetables
Asparagus
Broccoli
Carrots
Chili peppers, red
Kale
Mixed vegetables
Peas and carrots
Pumpkin
Spinach
Squash, winter
Sweet potatoes
Tomatoes
Tomato juice, paste or puree
Turnip greens
Vegetable juice

Fruits
Apricots
Cantaloupe
Cherries, red sour
Nectarines
Peaches (not canned)
Plums, purple (canned)
Prunes

Other
Egg yolk
Liver
Whole milk and its products

Vitamin C—Serve foods high in Vitamin C at least daily.

Vegetables
Asparagus
Broccoli
Brussel Sprouts
Cabbage
Cauliflower
Chili peppers
Collards
Kale
Okra
Peppers, sweet
Potatoes, white
Spinach
Sweet potatoes
Tomatoes
Tomato juice, paste or puree
Turnip greens
Turnips

Fruits
Cantaloupe
Grapefruit
Grapefruit juice
Oranges
Orange juice
Raspberries
Strawberries
Tangerines

Iron—Serve as often as possible.

Meat/Meat Alternates

Dried beans, peas, legumes
Eggs
Meat in general, especially liver and other organ meats
Peanut butter
Shellfish
Turkey
Tuna

Bread/Bread Alternates

All enriched, whole grain or fortified bread and bread alternates

Vegetables

Bean sprouts
Dark, green leafy: beet greens, chard, collards, kale, mustard greens, parsley, spinach, turnip greens
Dried beans, peas, legumes
Parsnips
Peas, green
Potatoes (baked)
Squash, winter
Sweet potatoes
Tomato juice, paste, puree, sauce
Tomatoes (canned)
Vegetable Juice (canned)

Fruits

Apricots
Dried fruits: apples, apricots, dates, figs, peaches, prunes, raisins

GRAINS/BREADS MINIMUM PORTION SIZES FOR TRADITIONAL AND FOOD BASED MEAL PATTERNS[1]

GROUP A	MINIMUM SERVING SIZW FOR GROUP A
• Bread type coating • Bread sticks (hard) • Chow mien noodles • Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) Note: weights apply to bread in stuffing.	1 serving = 20 gm or 0.7 oz. ¾ serving = 15 gm or 0.5 oz. ½ serving = 10 gm or 0.4 oz. ¼ serving = 5 gm or 0.2 oz.

GROUP B	MINIMUM SERVING SIZE FOR GROUP B
• Bagels • Batter type coating • Biscuits • Breads (white, wheat, whole wheat, French, Italian) • Buns (hamburger and hot-dog) • Crackers (graham crackers – all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn) • Taco shells	1 serving = 25 gm or 0.9 oz. ¾ serving = 19 gm or 0.7 oz. ½ serving = 13 gm or 0.5 oz. ¼ serving = 6 gm or 0.2 oz.

GROUP C	MINIMUM SERVING SIZE FOR GROUP C
• Cookies[2] (plain) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[2], fruit turnovers[3], and meat/meat alternate pies) • Waffles	1 serving = 31 gm or 1.1 oz. ¾ serving = 23 gm or 0.8 oz. ½ serving = 16 gm or 0.6 oz. ¼ serving = 8 gm or 0.3 oz.

---

[1] Some of the following foods, or their accompaniments may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.

[2] Allowed only for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) under NSLP, SFSP, and CACFP.

[3] Allowed for desserts under the enhanced food-based menu planning alternative specified in §210.10 and supplements (snacks) served under the NSLP, SFSP, and CACFP, and for breakfast served under the SBP, SFSP and CACFP.

GROUP D	MINIMUM SERVING SIZE FOR GROUP D
- Doughnuts[3] (cake and yeast raised, unfrosted) - Granola bars[3] (plain) - Muffins (all, except corn) - Sweet roll[3] (unfrosted) - Toaster pastry[3] (unfrosted)	1 serving = 50 gm or 1.8 oz. ¾ serving = 38 gm or 1.3 oz. ½ serving = 25 gm or 0.9 oz. ¼ serving = 13 gm or 0.5 oz.
GROUP E	MINIMUM SERVING SIZE FOR GROUP E
- Cookies[2] (with nuts, raisins, chocolate pieces and/or fruit purees) - Doughnuts[3] (cake and yeast raised, frosted or glazed) - French toast - Grain fruit bars[3] - Granola bars[3] (with nuts, raisins, chocolate pieces and/or fruit) - Sweet rolls[3] (frosted) - Toaster pastry[3] (frosted)	1 serving = 63 gm or 2.2 oz. ¾ serving = 47 gm or 1.7 oz. ½ serving = 31 gm or 1.1 oz. ¼ serving = 16 gm or 0.6 oz
GROUP F	MINIMUM SERVING SIZE FOR GROUP F
- Cake[2] (plain, unfrosted) - Coffee cake[3]	1 serving = 75 gm or 2.7 oz. ¾ serving = 56 gm or 2 oz. ½ serving = 38 gm or 1.3 oz. ¼ serving = 19 gm or 0.7 oz
GROUP G	MINIMUM SERVING SIZE FOR GROUP G
- Brownies[2] (plain) - Cake[2] (all varieties, frosted)	1 serving = 115 gm or 4 oz. ¾ serving = 86 gm or 3 oz. ½ serving = 58 gm or 2 oz. ¼ serving = 29 gm or 1 oz
GROUP H	MINIMUM SERVING SIZE FOR GROUP H
- Barley - Breakfast cereals (cooked)[4] - Bulgur or cracked wheat - Macaroni (all shapes) - Noodles (all varieties) - Pasta (all shapes) - Ravioli (noodle only) - Rice (enriched white or brown)	1 serving = ½ cup cooked (or 25 gm dry)
GROUP I	MINIMUM SERVING SIZE FOR GROUP I
- Ready to eat breakfast cereal (cold dry)[4]	1 serving = ¾ cup or 1 oz, whichever is less

[4] Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served under the SBP and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

GRAINS/BREADS SERVING EQUIVALENTS FROM USDA'S *QUANTITY RECIPES FOR SCHOOL FOOD SERVICE* AND *A TOOL KIT FOR HEALTHY SCHOOL MEALS*

Recipe	Recipe #	Grains/Breads Serving Equivalents[1]
Grains/Breads		
Baking Powder Biscuits	B-4	1 ¾*
Banana Bread Squares	B-5	1
Bread Stuffing	B-6	1 ½
Brown Bread	B-7	¾**
Cinnamon Rolls	B-8	2
Cornbread	B-9	1
Fried Rice	B-10	1
Italian Bread	B-11	2 ¼*
Muffin Squares	B-12	1
Pancakes	B-13	1
Pizza Crust	B-14	2
Pourable Pizza Crust	B-15	2
Rolls (Yeast)	B-16	2
Spanish Rice	B-17	½
Sweet Potato-Prune Bread	B-18	1
White Bread	B-19	1 ¼
Oatmeal Muffin Square	B-20	¾**
Orange Rice Pilaf	B-21	1
Brown Rice Pilaf	B-22	1
Rice-Vegetable Casserole	B-23	¾
Desserts[2]		
Apple Cobbler	C-1	½***
Apple Crisp	C-2	¾***
Applesauce Cake	C-3	1***

[1] Based on revised recipe calculation method and Instruction 783-1 Revision 1 - Grains/Breads Requirement

[2] Only one dessert per day may be creditable under Food Based Menu Planning Option

Recipe	Recipe #	Grains/Breads Serving Equivalents[1]
Brownies	C-4	½***
Carrot Cake	C-5	1***
Cherry Cobbler	C-6	½***
Cherry Crisp	C-7	¾***
Chocolate Cake	C-8	¾***
Chocolate Chip Cookies	C-9	½***
Oatmeal Cookies	C-10	¾***
Top Pastry Crust	C-12	½***
Bottom Pastry Crust	C-12	1***
Peach Cobbler	C-13	½***
Peanut Butter Cookies	C-14	½***
Rice Pudding	C-15	¼***
Spice Cake	C-16	1***
Sweet Potato Pie	C-17	1***
Yellow Cake	C-20	1***
Royal Brownies	C-21	½***
Gingerbread	C-23	1 ¼***
New Oatmeal Raisin Cookies	C-25	¾***
Peanut Butter Bars	C-26	½***
New Spice Cake	C-28	1***
Whole Wheat Sugar Cookies	C-30	1***
Chocoleana Cake	C-31	1***
Orange Rice Pudding	C-33	½***
Main Dishes		
Beef or Pork Burrito	D-12	1
Beef or Pork Taco	D-13	¾**
Beef Stew	D-14	¼***
Beef Tamale Pie	D-15	1**
Chicken or Turkey a la King	D-16	¼***

Recipe	Recipe #	Grains/Breads Serving Equivalents[1]
Chicken or Turkey and Noodle	D-17	1
Chicken or Turkey Pot Pie	D-19	1 ½*
Country Fried Steak	D-21	½***
Ground Beef and Macaroni	D-22	1
Ground Beef and Spanish Rice	D-23	1
Lasagna with Ground Beef	D-25	¾
Macaroni and Cheese	D-26	1
Meat Loaf	D-27	¼***
Nachos with Ground Beef	D-28	¾**
Oven Fried Chicken	D-29	½***
Pizza with Cheese Topping	D-30	2
Pizza with Beef Topping	D-31	2
Quiche with Self-Forming Crust	D-32	½***
Salisbury Steak	D-33	¼***
Spaghetti and Meat Sauce	D-35	1
Tuna and Noodles	D-37	1
Turkey and Dressing Supreme	D-38	1 ¼*
Chicken Fajitas	D-40	1
Chicken Tomato Bake	D-41	1
Chicken Tetrazzini	D-42	1 ¼*
Beef Taco Pie	D-45	¾
Arroz con Queso	D-48	¾
Vegetable Chili	D-49	¼
Vegetable Lasagna	D-50	1 ¼*
New Macaroni and Cheese	D-51	1 ½*
Salads		
Macaroni Salad	E-7	1
Pasta Salad	E-8	½
Taco Salad	E-10	¾**

Recipe	Recipe #	Grains/Breads Serving Equivalents[1]
Tabouleh	E-23	½**
Sandwiches		
Barbecued Beef or Pork on Roll	F-2	2
Egg Salad Sandwich	F-3	2
Pizzaburger on Roll	F-4	2
Sloppy Joe on Roll	F-5	2
Stromboli	F-6	1 ½
Toasted Cheese Sandwich	F-7	2
Tuna Salad Sandwich	F-8	2
Gyro	F-9	1
Soup		
Chicken or Turkey Noodle Soup	H-2	½
Cream of Vegetable Soup	H-3	½***
Thick Vegetable Soup	H-5	½
Cream of Chicken Soup	H-6	¼***
Minestrone	H-7	¼
Vegetables		
Broccoli, Cheese, and Rice Casserole	I-8	¼
Corn Pudding	I-10	¼***
Herbed Broccoli and Cauliflower Polonaise	I-18	¼***
Corn and Green Bean Casserole	I-19	¼***
Breakfast		
Granola	J-1	½**
Breakfast Burrito	J-2	1
Baked French Toast Strips	J-3	1

* Increase from previous grains/breads equivalent ** Decrease from previous grains/breads equivalent

*** Not previously credited for grains/breads

Calculating the *Grains* Contribution In Grains/Breads Crediting

Recipe:

Recipe Number	Recipe Name	Ingredients per 100 Servings	Quantity of grain given in pounds	x grams (454 per lb.)
C-10	Oatmeal Cookies	**All purpose flour**	**1 lb 13 oz**	**1.81 lb x 454g = 821g**
		Baking soda		
		Salt		
		Rolled oats	**1 lb 4 oz**	**1.25 lb x 454g = 567g**
		Sugar		
		Brown sugar, packed		
		Ground cinnamon		
		Ground cloves		
		Ground nutmeg (optional)		
		Shortening		
		Butter or margarine		
		Large eggs		
		Vanilla		
		Raisins, plumped (optional)		

Calculations:

Enriched flour and oatmeal (rolled oats) both contribute toward a serving of Grains/Breads. It takes a different amount of each to be equivalent to a slice of bread. Therefore, the contribution of each is determined separately and then added together.

It requires 14.75 grams of enriched flour to equal one serving of Grains/Breads. It requires 25 grams of dry whole-grain cereal, such as oatmeal, corn meal or grits, bulgur, etc. to equal a serving of Grains/Breads.

Flour: 821 ÷ 14.75g = 55 servings of flour per 100 servings of Oatmeal Cookies

Oats: 567 ÷ 25g = 22 servings of oats per 100 servings of Oatmeal Cookies

Add 55 (flour) + 22 (oats) = 77 servings of Grains/Breads per 100 servings of Oatmeal Cookies

77 ÷ 100 servings = .77 servings of Grains/Breads per Oatmeal Cookies. Round .77 down to the nearest ¼ of a serving: .75

Therefore, 1 Oatmeal Cookie provides a .75 (¾) serving of Grains/Breads

Appendix II

i: stu_svcs\nsl\caa137 (07/08/97)

Appendix III

MEAL PATTERNS FOR INFANTS

Infants participating in the National School Lunch or Breakfast Program, under the age of one may be served an infant lunch as specified in the following chart:

Food Components	Ages 0 to 3 months	Ages 4 to 7 months	Ages 8 months to 1st birthday
Breakfast:			
1. Iron-fortified infant formula or breast milk*	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
or fluid whole milk			6-8 fl. oz.
2. Iron-fortified, dry infant cereal		0-3 Tbsp.	2-4 Tbsp.
3. Fruit and/or vegetable of appropriate consistency**			1-4 Tbsp.
Lunch/Supper:			
1. Iron-fortified infant formula or breast milk*	4-6 fl. oz.	4-8 fl. oz.	6-8 fl. oz.
or fluid whole milk			6-8 fl. oz.
2. Iron-fortified, dry infant cereal **and/or**		0-3 Tbsp.	2-4 Tbsp.
meat or poultry **or** fish **or**			1-4 Tbsp.
egg yolk **or** cooked dry beans **or** dry peas **or**			1-4 Tbsp.
cheese **or**			½ - 2 oz.
cottage cheese, cheese food **or** spread			1-4 oz.
3. Fruit and/or vegetable of appropriate consistency**		0-3 Tbsp.	1-4 Tbsp.
Snack:			
1. Iron-fortified infant formula **or** breast milk*	4-6 fl. oz.	4-6 fl. oz.	2-4 fl. oz.
or fluid whole milk **or**			2-4 fl. oz.
2. Full-strength fruit juice			2-4 fl. oz.
3. Crusty bread***			0 - ½ slice
or crackers***			0-2

***MEALS CONTAINING ONLY BREAST MILK AND/OR FORMULA DO NOT QUALIFY FOR REIMBURSEMENT**. However, meals containing breast milk or formula served to infants 4 months of age or older may be claimed for reimbursement when the other required meal component(s) is supplied by the caregiver.

Juice does **not fulfill the fruit/vegetable requirement at breakfast, lunch or supper.

***Bread or crackers must be made from whole-grain or enriched meal or flour.

EXEMPTIONS TO RESTRICTED FOODS

The following list of food items are exempt from the restricted competitive foods list on page 17, but they are still considered noncreditable foods. These exemptions mean that the products listed below may be sold during the meal period in a school food service area but do not count toward the meal requirements. The United States Department of Agriculture Food and Consumer Service does not approve or endorse these products.

The product name and list of ingredients in each product are listed below the company name. Several companies produce similar products that are not exempt and are, therefore, considered restricted competitive foods. Please be aware that the similar products or a family of products are not exempt unless specifically stated.

The Popcorn Explosion

◊ **Peanut Butter Honey Popcorn**

Ingredients: Roasted peanuts, popcorn, brown sugar, water, butter, honey, corn syrup solids, natural flavor

Knudson and Sons, Inc.

◊ **Orange Passionfruit Spritzer**

Ingredients: Sparkling water, white grape, passionfruit and orange juice concentrates, natural flavors

◊ **Orange Spritzer**

Ingredients: Sparkling water, concentrated white grape and orange juices, natural flavor

◊ **Jamaican Style Lemonade Spritzer**

Ingredients: Sparkling water, white grape and lemon juice concentrates, natural flavors

◊ **FJ FIZZ – Grape flavored sparkling fruit juice beverage from concentrates**

Ingredients: Sparkling water, concentrated white grape and concord grape juice, concentrated acerola cherry puree, natural flavors

◊ **FJ FIZZ – Cherry flavored sparkling fruit juice beverage from concentrates**

Ingredients: Sparkling water, concentrated apple, cherry pineapple and plum juices, natural flavors, concentrated acerola cherry puree

◊ **FJ FIZZ – Strawberry flavored sparkling fruit juice beverage from concentrates**

Ingredients: Sparkling water, concentrated white grape, apple, strawberry and pineapple juices, concentrated acerola cherry puree, natural flavors, grape skin extract (for color)

◊ **FJ FIZZ – Raspberry flavored sparkling fruit juice beverage from concentrates**

Ingredients: Sparkling water, concentrated white grape and raspberry juices, natural flavors concentrated acerola cherry puree

- **FJ FIZZ – Orange flavored sparkling fruit juice beverage from concentrates**

  Ingredients: Sparking water, concentrated white grape, orange and apple juices, orange oil

- **FJ FIZZ – Cherry cola flavored sparkling fruit juice beverage from concentrates**

  Ingredients: Sparkling water, concentrated white grape and cherry juices, natural flavors, concentrated acerola cherry puree

All Canadian Bottling Corporation

- **Sparkling Spring Water With Natural Flavors (Strawberry, Black Cherry, Raspberry, Peach Orange, Watermelon, Lemon Lime)**

  Ingredients: Natural spring water, concentrated de-ionized grape juice/clarified pineapple juice, natural flavors, citric acid, sodium benzoate, potassium sorbate (as preservatives), carbon dioxide.

Farely Foods, USA

- **Farley's THE ROLL Cherry Fruit Roll slp**

  Ingredients: Fruit (pears, oranges, cherries) sucrose, maltodextrin, partially hydrogenated vegetable oil (cottonseed, soybean), malic acid, citric acid, glycerol monosterate, natural and artificial flavor, pectin, ascorbic acid (vitamin C), alphatocopherol acetate (vitamin E), beta carotene (vitamin A), red 40

- **Farley's THE ROLL Strawberry Fruit Roll slp**

  Ingredients: Fruit (pears, oranges, strawberries) sucrose, maltodextrin, partially hydrogenated vegetable oil (cottonseed, soybean), malic acid, citric acid, glycerol monosterate, natural and artificial flavor, pectin, ascorbic acid (vitamin C), alphatocopherol acetate (vitamin E), beta carotene (vitamin A), red 40

General Mills, Inc.

- **Fruit by the Foot (*Special Edition*) – Color by the Foot, Triple Fruit Punch**

  Ingredients: orange juice from concentrate, grapes from concentrate, sugar, maltodextrin, pears from concentrate, corn syrup, partially hydrogenated cottonseed oil, carrageenan, citric acid, monoglycerides, sodium citrate, malic acid, acetylated mono and diglycerides, xanthan gum, vitamin C (ascorbic acid), locust bean gum, natural flavor, potassium citrate, yellow 5, red 40, blue 1

- **Fruit by the Foot (*Special Edition*) – Strawberry Punch Fruit by the Foot**

  Ingredients: Orange juice from concentrate, grapes from concentrate, sugar, maltodextrin, corn syrup, strawberries, partially hydrogenated cottonseed oil, carrageenan, citric acid, natural and artificial flavor, monoglycerides, sodium citrate, malic acid, acetylated mono and diglycerides, xanthan gum, vitamin C (ascorbic acid), locust bean gum, potassium citrate, red 40

◊ **Fruit Roll-Ups (*Special Edition*) – Strawberry Punch Fruit Roll-Up**

Ingredients: Pears from concentrate, maltodextrin, orange juice from concentrate, sugar, corn syrup, strawberries, partially hydrogenated cottonseed oil, citric acid, sodium citrate, natural flavor, pectin, monoglycerides, malic acid, vitamin C (ascorbic acid), red 40

◊ **Fruit Roll-Ups (*Special Edition*) - Crazy Color Fruit Roll-Up**

Ingredients: Pears from concentrate, maltodextrin, orange juice from concentrate, sugar, corn syrup, partially hydrogenated cottonseed oil, citric acid, sodium citrate, pectin, monoglycerides, malic acid, vitamin C (ascorbic acid), natural flavor, yellow 5, red 40, blue 1

◊ **Fruit Roll-Ups (*Special Edition*) - Screamin' Green Hot Color Fruit Roll-Up**

Ingredients: Pears from concentrate, maltodextrin, orange juice from concentrate, sugar, corn syrup, partially hydrogenated cottonseed oil, citric acid, sodium citrate, pectin, monoglycerides, malic acid, vitamin C (asboric acid), natural flavor, high fructose corn syrup, yellow 5, blue 1, and other color added

◊ **Fruit Roll-Ups (*Special Edition*) - Electric Yellow Hot Color Fruit Roll-Up**

Ingredients: Pears from concentrate, maltodextrin, orange juice from concentrate, sugar, corn syrup, partially hydrogenated cottonseed oil, citric acid, sodium citrate, pectin, monoglycerides, malic acid, vitamin C (sodium ascorbate), natural flavor, high fructose corn syrup, yellow 5 and other color added

◊ **Fruit Roll-Ups (*Special Edition*) - Sizzling Red Hot Color Fruit Roll-Up**

Ingredients: Pears from concentrate, maltodextrin, orange juice from concentrate, sugar, corn syrup, partially hydrogenated cottonseed oil, citric acid, sodium citrate, pectin, monoglycerides, malic acid, vitamin C (ascorbic acid), natural flavor, high fructose corn syrup, red 40 and other color added

◊ **Fruit Roll-Ups (*Special Edition*) - Tropical Cherry Fruit Roll-Up**

Ingredients: Pears from concentrate, maltodextrin, orange juice from concentrate, sugar, corn syrup, partially hydrogenated cottonseed oil, citric acid, sodium citrate, pectin, monoglycerides, malic acid, vitamin C (ascorbic acid), natural flavor, red 40

◊ **Fruit Roll-Ups (*Special Edition*) - Blazin' Blue Hot Color Fruit Roll-Up**

Ingredients: Pears from concentrate, maltodextrin, orange juice form concentrate, sugar, corn syrup, partially hydrogenated cottonseed oil, citric acid, sodium citrate, pectin, monoglycerides, malic acid, vitamin C (ascorbic acid), natural flavor, high fructose corn syrup, blue 1 and other color added

◊ **Fruit String Thing (*Special Edition*) – Sneaky Stripes - Double Berry Punch Flavored**

Ingredients: Orange juice from concentrate, grapes from concentrate, sugar, corn syrup, modified corn starch, pears from concentrate, dried corn syrup, partially hydrogenated cottonseed oil, citric acid, carrageenan, sodium citrate, monoglycerides, malic acid, vitamin C (ascorbic acid), high fructose corn syrup, potassium citrate, natural flavor, yellow 6, blue 1

- **Fruit String Thing (*Special Edition*) – Strawberry Punch**

  Ingredients: Orange juice from concentrate, grapes from concentrate, corn syrup, sugar, modified corn starch, pears from concentrate, dried corn syrup, partially hydrogenated cottonseed oil, citric acid, carrageenan, sodium citrate, monoglycerides, malic acid, vitamin C (ascorbic acid), potassium citrate, natural flavor, red 40

Canada Pure Water Company LTD

- **Sparkling Refreshers – Natural Wildberry Flavor**

  Ingredients: Concentrated strawberry juice, spring water from Canada, natural flavors, citric acid, potassium sorbate (to preserve freshness), CO2

- **Sparkling Refreshers – Black Cherry/Peach/Natural Lemon/Natural Lime/Natural Orange/ Raspberry Flavor**

  Ingredients: Red Cherry/Peach/Lemon/Lime/Orange/Raspberry Concentrate, carbonated spring water from Canada, fructose, citric acid, potassium benzoate (to preserve freshness)

In operating child feeding programs, no child will be discriminated against because of race, sex, color, national origin, age or handicap. If you believe you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

This document available in alternative formats by contacting the Child Nutrition Program Office at (602) 542-8700.

FOOD BUYING GUIDE

TABLE OF CONTENTS

GRAINS/BREADS

BREAD STICKS 1
BREAD, WHITE, WHOLE WHEAT, RYE, RAISIN, ETC 1
CRACKERS, SALTINE 2
FARINA, QUICK (CREAM OF WHEAT/MALTOMEAL) 2
MACARONI, ELBOW 3
NOODLES, EGG MEDIUM 3
NOODLES, LASAGNE 4
OATS, REGULAR USDA DONATED 4
RICE, WHITE MEDIUM GRAIN 5
SPAGHETTI 5
TACO SHELLS 6
TORTILLA, FLOUR 6

FRUITS

APPLE SLICES, CANNED USDA DONATED 1
APPLE SLICES, FROZEN USDA DONATED 1
APPLES, CANNED 2
APPLES, FRESH 2
APPLESAUCE, CANNED, SMOOTH OR CHUNKY (#10 CAN) 3
APPLESAUCE, CANNED, SMOOTH OR CHUNKY (#303 CAN) 3
APRICOTS, HALVES UNPEELED 4
BANANAS 4
BLUEBERRIES, FROZEN USDA DONATED 5
CANTALOUPE, FRESH (CUBES) 5
CHERRIES, FROZEN USDA DONATED 6
CRANBERRY, SAUCE, STRAINED OR WHOLE (#10 CAN) 6
CRANBERRY, SAUCE, STRAINED OR WHOLE (#303 CAN) 7
DATE PIECES USDA DONATED 7
FIG NUGGETS USDA DONATED 8
FRUIT COCKTAIL, MIXED FRUIT (#2 1/2 CAN) 8
FRUIT COCKTAIL, MIXED FRUIT (#10 CAN) 9
FRUIT JUICE, FROZEN (12 OZ. CAN) 9
FRUIT JUICE, FROZEN (32 OZ. CAN) 10
FRUITS, FOR SALAD 10
GRAPES, SEEDLESS FRESH 11
JUICES, CANNED 11
NECTARINES, FRESH 12
ORANGES, ALL SIZES 12
ORANGES, SIZE 113 13
PEACHES, CANNED, DICED 13
PEACHES, CANNED, HALVES (#10 CAN) 14

PEACHES, CANNED, HALVES (#2 1/2 CAN) 14
PEACHES, CANNED, SLICES (#2 1/2 CAN) 15
PEACHES, CANNED, SLICES (#10 CAN) 15
PEACHES, FRESH 16
PEARS, CANNED DICED 16
PEARS, CANNED HALVES (#10 CAN) 17
PEARS, CANNED HALVES (#2 1/2 CAN) 17
PEARS, FRESH 18
PINEAPPLE, CANNED CHUNKS (#10 CAN) 18
PINEAPPLE, CANNED CHUNKS (#2 CAN) 19
PINEAPPLE, CANNED SLICES (#2 CAN) 19
PINEAPPLE, CANNED SLICES (#10 CAN) 20
PINEAPPLE, CANNED, CRUSHED 20
PINEAPPLE, FRESH 21
PLUMS, PURPLE CANNED 21
PRUNES, PITTED USDA DONATED 22
PUMPKIN, CANNED 22
RAISINS 23
STRAWBERRIES, FRESH (PINT) 23
STRAWBERRIES, FRESH (POUND) 24
STRAWBERRIES, FROZEN, SLICED 24
WATERMELON, FRESH (POUND) 25
WATERMELON, FRESH (MELON) 25

MEAT/MEAT ALTERNATE

ALMONDS 1
BEANS, CANNED (BAKED OR IN SAUCE - REFRIED BEANS INCLUDED) 1
BEANS, PINTO CANNED (1/2 CUP) 2
BEANS, PINTO CANNED (1/4 CUP) 2
BEANS, PINTO DRY (1/2 CUP) 3
BEANS, PINTO DRY (1/4 CUP) 3
BEANS, VEGETARIAN CANNED 4
BEEF, CANNED STEW 4
BEEF, CANNED USDA DONATED 5
BEEF, CANNED W/BAR B Q SAUCE 5
BEEF, CHUCK ROAST 6
BEEF, GROUND PATTIES, USDA DONATED (NO MORE THAN 24% FAT) 6
BEEF, GROUND - MARKET STYLE (NO MORE THAN 30% FAT) 7
BEEF, GROUND, USDA DONATED (NO MORE THAN 24% FAT) 7
BEEF, STEW MEAT 8
BOLOGNA, OTHER LUNCHEON MEATS INCLUDING PEPPERONI 8
CHEESE AMERICAN, CHEDDAR, MOZZARELLA (REGULAR & LITE), SWISS, PARMESAN OR ROMANO - 1 OZ. 9
CHEESE, AMERICAN, CHEDDAR, MOZZARELLA (REGULAR & LITE), SWISS PARMESAN OR ROMANO - 2 OZ. 9
CHICKEN WINGS 10
CHICKEN, CANNED BONED USDA DONATED 10

CHICKEN, COOKED, DICED USDA DONATED 11
CHICKEN, DRUMSTICKS 11
CHICKEN, THIGH WITH BACKS, USDA DONATED....12
CHICKEN, THIGHS 12
CHICKEN, USDA FRYERS (8 PIECE CUT) FRESH OR PRECOOKED BREADED....13
CHICKEN, WHOLE (UNCUT) NO NECK MEAT OR GIBLETS 13
COTTAGE CHEESE (ABOUT 1/4 CUP)....14
EGG MIX, DRIED USDA DONATED 14
EGGS, FRESH SHELL 15
EGG, WHOLE, FROZEN USDA DONATED 15
FISH PORTIONS, FRIED BATTERED....16
FISH PORTION, FRIED BREADED 16
FISH PORTION, UNBREADED....17
FISH STICKS, BREADED 17
HAM, CANNED....18
HAM, COOKED, BONELESS, FROZEN USDA DONATED....18
HAM, WITHOUT BONE....19
HOT DOGS (WEINERS) 1.6 OZ....19
HOT DOGS (WEINERS) 2 OZ....20
NUT BUTTER - 1 OZ. 20
NUT BUTTER - 2 OZ. (POUND)....21
NUT BUTTER - 2 OZ. (#10 CAN)....21
PEANUT GRANULES....22
PEANUTS....22
PORK GROUND, USDA DONATED....23
PORK SAUSAGE, BULK, LINK, OR PATTY....23
PORK, CANNED, USDA DONATED 24
PORK, CHOPS LOIN 24
PUMPKIN/SQUASH SEEDS 25
SALMON, CANNED PINK....25
SUNFLOWER SEEDS....26
TUNA CHUNK, WATER PACK 26
TUNA, SOLID....27
TURKEY, GROUND, FROZEN USDA DONATED....27
TURKEY HAM....28
TURKEY ROASTS, USDA DONATED....28
TURKEY ROLL, USDA DONATED 29
TURKEY, BREASTS (WHOLE OR HALVES)....29
TURKEY, WHOLE (WITHOUT NECK, GIBLETS) 30
WALNUTS, BLACK OR ENGLISH....30

MILK

MILK, FLUID (GALLON) 1
MILK, FLUID (1/2 GALLON) 1

VEGETABLES

BEANS, GREEN FROZEN CUT 1
BEANS, GREEN, CANNED CUT (#10 CAN) 1
BEANS, GREEN, CANNED CUT (#2 1/2 CAN) 2
BEANS, LIMA BABY FROZEN 2
BROCCOLI, FRESH 3
BROCCOLI, FROZEN SPEARS, CUT, CHOPPED 3
CABBAGE, CHOPPED WITH DRESSING 4
CABBAGE, RAW, CHOPPED 4
CABBAGE, SHREDDED 5
CABBAGE, SHREDDED (PRE-CUT, CLEANED) 5
CARROTS, CANNED DICED 6
CARROTS, CANNED SLICED 6
CARROTS, SHREDDED 7
CARROTS, STICKS 7
CARROTS, STICKS (PRE-CUT, CLEANED) 8
CAULIFLOWER, FRESH FLORETS 8
CAULIFLOWER, FROZEN 9
CELERY, STICKS 9
CELERY, STICKS (PRE-CUT, CLEANED) 10
CORN, CANNED CREAM STYLE 10
CORN, FROZEN WHOLE KERNEL 11
CORN, WHOLE KERNEL LIQUID PACK 11
CORN, WHOLE KERNEL VACUUM PACK 12
CUCUMBERS, SLICED 12
GREEN CHILES, CHOPPED OR DICED (#10 CAN) 13
GREEN CHILES, CHOPPED OR DICED (#2 1/2 CAN) 13
LETTUCE, HEAD PIECES 14
LETTUCE, HEAD SALAD (PRE-CUT, CLEANED) 14
LETTUCE, HEAD SHREDDED 15
LETTUCE, HEAD SHREDDED (PRE-CUT, CLEANED) 15
PEAS AND CARROTS, CANNED 16
PEAS, CANNED 16
PEAS, FROZEN 17
PEA/BEAN SOUP, CANNED 17
PICKLES, SLICED (CROSSWISE) 18
PICKLES, WHOLE 18
POTATO ROUNDS, FROZEN (5# BAG) 19
POTATO ROUNDS, FROZEN (POUND) 19
POTATOES FRENCH FRIES, FROZEN (POUND) 20
POTATOES FRENCH FRIES, FROZEN (5# PKG) 20
POTATOES, DEHYDRATED FLAKES OR GRANULES 21
POTATOES, FRESH 21
SOUPS, CONDENSED CANNED 22
SPINACH, CANNED 22
SPINACH, FRESH 23
SUCCOTASH, FROZEN 23
SWEET POTATOES, CANNED SYRUP PACK 24

TOMATO PASTE (12 OZ. CAN) 24
TOMATO PASTE (#10 CAN) 25
TOMATO SAUCE, CANNED 25
TOMATOES, CANNED (#10 CAN) 26
TOMATOES, CANNED (#2 1/2 CAN) 26
TOMATOES, FRESH (CUT-UP) 27
TOMATOES, FRESH (SLICED) 27
VEGETABLES, MIXED CANNED 28
VEGETABLES, MIXED FROZEN 28
ZUCCHINI, FRESH STICKS 29

GRAINS/BREADS

FOOD ITEM: BREAD STICKS

SERVING SIZE: 4 STICKS, 7-3/4 IN. LONG

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.05	10	0.45	100	4.50
2	0.09	20	0.90	200	9.00
3	0.14	30	1.35	300	13.50
4	0.18	40	1.80	400	18.00
5	0.23	50	2.25	500	22.50
6	0.27	60	2.70	600	27.00
7	0.32	70	3.15	700	31.50
8	0.36	80	3.60	800	36.00
9	0.41	90	4.05	900	40.50
				1000	45.00

FOOD ITEM: BREAD, WHITE, WHOLE WHEAT, RYE, RAISIN, ETC.

SERVING SIZE: 1 SLICE (0.9 OZ.)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

NUMBER OF SLICES PER POUND DOES NOT INCLUDE END SLICES.

FOOD ITEM: CRACKERS, SALTINE

SERVING SIZE: 8 CRACKERS

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.05	10	0.49	100	4.90
2	0.10	20	0.98	200	9.80
3	0.15	30	1.47	300	14.70
4	0.20	40	1.96	400	19.60
5	0.25	50	2.45	500	24.50
6	0.29	60	2.94	600	29.40
7	0.34	70	3.43	700	34.30
8	0.39	80	3.92	800	39.20
9	0.44	90	4.41	900	44.10
				1000	49.00

FOOD ITEM: FARINA, QUICK (CREAM OF WHEAT/MALTOMEAL)

SERVING SIZE: 1/2 CUP COOKED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.04	10	0.35	100	3.50
2	0.07	20	0.70	200	7.00
3	0.11	30	1.05	300	10.50
4	0.14	40	1.40	400	14.00
5	0.18	50	1.75	500	17.50
6	0.21	60	2.10	600	21.00
7	0.25	70	2.45	700	24.50
8	0.28	80	2.80	800	28.00
9	0.32	90	3.15	900	31.50
				1000	35.00

FOOD ITEM: MACARONI, ELBOW

SERVING SIZE: 1/2 CUP COOKED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.05	10	0.52	100	5.20
2	0.10	20	1.04	200	10.40
3	0.16	30	1.56	300	15.60
4	0.21	40	2.08	400	20.80
5	0.26	50	2.60	500	26.00
6	0.31	60	3.12	600	31.20
7	0.36	70	3.64	700	36.40
8	0.42	80	4.16	800	41.60
9	0.47	90	4.68	900	46.80
				1000	52.00

FOOD ITEM: NOODLES, EGG MEDIUM

SERVING SIZE: 1/2 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.05	10	0.50	100	5.00
2	0.10	20	1.00	200	10.00
3	0.15	30	1.50	300	15.00
4	0.20	40	2.00	400	20.00
5	0.25	50	2.50	500	25.00
6	0.30	60	3.00	600	30.00
7	0.35	70	3.50	700	35.00
8	0.40	80	4.00	800	40.00
9	0.45	90	4.50	900	45.00
				1000	50.00

FOOD ITEM: NOODLES, LASAGNA

SERVING SIZE: 1/2 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.55	100	5.50
2	0.11	20	1.10	200	11.00
3	0.17	30	1.65	300	16.50
4	0.22	40	2.20	400	22.00
5	0.28	50	2.75	500	27.50
6	0.33	60	3.30	600	33.00
7	0.39	70	3.85	700	38.50
8	0.44	80	4.40	800	44.00
9	0.50	90	4.95	900	49.50
				1000	55.00

FOOD ITEM: OATS, REGULAR USDA DONATED

SERVING SIZE: 1/2 CUP COOKED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.04	10	0.44	100	4.40
2	0.09	20	0.88	200	8.80
3	0.13	30	1.32	300	13.20
4	0.18	40	1.76	400	17.60
5	0.22	50	2.20	500	22.00
6	0.26	60	2.64	600	26.40
7	0.31	70	3.08	700	30.80
8	0.35	80	3.52	800	35.20
9	0.40	90	3.96	900	39.60
				1000	44.00

FOOD ITEM: RICE, WHITE MEDIUM GRAIN

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.03	10	0.28	100	2.80
2	0.06	20	0.56	200	5.60
3	0.08	30	0.84	300	8.40
4	0.11	40	1.12	400	11.20
5	0.14	50	1.40	500	14.00
6	0.17	60	1.68	600	16.80
7	0.20	70	1.96	700	19.60
8	0.22	80	2.24	800	22.40
9	0.25	90	2.52	900	25.20
				1000	28.00

FOOD ITEM: SPAGHETTI

SERVING SIZE: 1/2 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.61	100	6.10
2	0.12	20	1.22	200	12.20
3	0.18	30	1.83	300	18.30
4	0.24	40	2.44	400	24.40
5	0.31	50	3.05	500	30.50
6	0.37	60	3.66	600	36.60
7	0.43	70	4.27	700	42.70
8	0.49	80	4.88	800	48.80
9	0.55	90	5.49	900	54.90
				1000	61.00

FOOD ITEM: TACO SHELLS

SERVING SIZE: 2 TACO SHELLS

NUMBER OF DOZENS		NUMBER OF DOZENS		NUMBER OF DOZENS	
NUMBER OF MEALS	DOZENS REQUIRED	NUMBER OF MEALS	DOZENS REQUIRED	NUMBER OF MEALS	DOZENS REQUIRED
1	0.17	10	1.67	100	16.70
2	0.33	20	3.34	200	33.40
3	0.50	30	5.01	300	50.10
4	0.67	40	6.68	400	66.80
5	0.84	50	8.35	500	83.50
6	1.00	60	10.02	600	100.20
7	1.17	70	11.69	700	116.90
8	1.34	80	13.36	800	133.60
9	1.50	90	15.03	900	150.30
				1000	167.00

ADDITIONAL INFORMATION:

2 TACO SHELLS = 20 GM OR 0.8 OZ

FOOD ITEM: TORTILLA, FLOUR

SERVING SIZE: 6 IN ROUND

NUMBER OF DOZENS		NUMBER OF DOZENS		NUMBER OF DOZENS	
NUMBER OF MEALS	DOZENS REQUIRED	NUMBER OF MEALS	DOZENS REQUIRED	NUMBER OF MEALS	DOZENS REQUIRED
1	0.08	10	0.84	100	8.35
2	0.17	20	1.67	200	16.70
3	0.25	30	2.51	300	25.05
4	0.33	40	3.34	400	33.40
5	0.42	50	4.18	500	41.75
6	0.50	60	5.01	600	50.10
7	0.58	70	5.85	700	58.45
8	0.67	80	6.68	800	66.80
9	0.75	90	7.52	900	75.15
				1000	83.50

FRUITS

FOOD ITEM: APPLE SLICES, CANNED USDA DONATED
SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.06	500	10.60
6	0.13	60	1.27	600	12.70
7	0.15	70	1.48	700	14.80
8	0.17	80	1.69	800	16.90
9	0.19	90	1.90	900	19.00
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = ABOUT 11 7/8 CUPS DRAINED FRUIT

FOOD ITEM: APPLE SLICES, FROZEN USDA DONATED
SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.11	10	1.14	100	11.40
2	0.23	20	2.28	200	22.80
3	0.34	30	3.41	300	34.10
4	0.46	40	4.55	400	45.50
5	0.57	50	5.68	500	56.80
6	0.68	60	6.82	600	68.20
7	0.80	70	7.96	700	79.60
8	0.91	80	9.10	800	91.00
9	1.02	90	10.23	900	102.30
				1000	114.00

FOOD ITEM: APPLES, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.20	100	2.00
2	0.04	20	0.40	200	4.00
3	0.06	30	0.60	300	6.00
4	0.08	40	0.80	400	8.00
5	0.10	50	1.00	500	10.00
6	0.12	60	1.20	600	12.00
7	0.14	70	1.40	700	14.00
8	0.16	80	1.60	800	16.00
9	0.18	90	1.80	900	18.00
				1000	20.00

ADDITIONAL INFORMATION:

ONE #10 CAN = ABOUT 11 7/8 CUPS DRAINED FRUIT

FOOD ITEM: APPLES, FRESH

SERVING SIZE: 1 SMALL (ABOUT 1/2 CUP)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.23	10	2.34	100	23.40
2	0.47	20	4.68	200	46.80
3	0.70	30	7.02	300	70.20
4	0.94	40	9.36	400	93.60
5	1.17	50	11.70	500	117.00
6	1.40	60	14.04	600	140.40
7	1.64	70	16.38	700	163.80
8	1.87	80	18.72	800	187.20
9	2.11	90	21.06	900	210.60
				1000	234.00

ADDITIONAL INFORMATION:

SMALL APPLE IS ALSO CALLED A SCHOOLBOY APPLE. ONE POUND AS PURCHASED = 0.91 LB. READY-TO-COOK OR SERVE RAW WITH PEEL.

FOOD ITEM: APPLESAUCE, CANNED (SMOOTH OR CHUNKY)

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = ABOUT 12 CUPS FRUIT.

FOOD ITEM: APPLESAUCE, CANNED (SMOOTH OR CHUNKY)

SERVING SIZE: 1/4 CUP

NUMBER OF #303 CANS		NUMBER OF #303 CANS		NUMBER OF #303 CANS	
NUMBER OF MEALS	#303 CANS REQUIRED	NUMBER OF MEALS	#303 CANS REQUIRED	NUMBER OF MEALS	#303 CANS REQUIRED
1	0.14	10	1.42	100	14.20
2	0.28	20	2.84	200	28.40
3	0.43	30	4.26	300	42.60
4	0.57	40	5.68	400	56.80
5	0.71	50	7.10	500	71.00
6	0.85	60	8.52	600	85.20
7	0.99	70	9.94	700	99.40
8	1.14	80	11.36	800	113.60
9	1.28	90	12.78	900	127.80
				1000	142.00

ADDITIONAL INFORMATION:

ONE #303 CAN = ABOUT 1-3/4 CUPS FRUIT.

FOOD ITEM: APRICOTS, HALVES UNPEELED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 7-1/3 CUPS DRAINED FRUIT

FOOD ITEM: BANANAS

SERVING SIZE: 1 SMALL (ABOUT 1/2 CUP)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.31	10	3.09	100	30.90
2	0.62	20	6.18	200	61.80
3	0.93	30	9.27	300	92.70
4	1.24	40	12.36	400	123.60
5	1.55	50	15.45	500	154.50
6	1.85	60	18.54	600	185.40
7	2.16	70	21.63	700	216.30
8	2.47	80	24.72	800	247.20
9	2.78	90	27.81	900	278.10
				1000	309.00

ADDITIONAL INFORMATION:

INSTITUTIONAL PACK = 150 PER CASE OR 40# PER CASE.

FOOD ITEM: BLUEBERRIES, FROZEN USDA DONATED

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.09	10	0.85	100	8.50
2	0.17	20	1.70	200	17.00
3	0.26	30	2.55	300	25.50
4	0.34	40	3.40	400	34.00
5	0.43	50	4.25	500	42.50
6	0.51	60	5.10	600	51.00
7	0.60	70	5.95	700	59.50
8	0.68	80	6.80	800	68.00
9	0.77	90	7.65	900	76.50
				1000	85.00

FOOD ITEM: CANTALOUPE, FRESH (CUBES)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.17	10	1.72	100	17.20
2	0.34	20	3.44	200	34.40
3	0.52	30	5.16	300	51.60
4	0.69	40	6.88	400	68.80
5	0.86	50	8.60	500	86.00
6	1.03	60	10.32	600	103.20
7	1.20	70	12.04	700	120.40
8	1.38	80	13.76	800	137.60
9	1.55	90	15.48	900	154.80
				1000	172.00

FOOD ITEM: CHERRIES, FROZEN USDA DONATED

SERVING SIZE: 1/4 CUP COOKED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.17	10	1.68	100	16.80
2	0.34	20	3.36	200	33.60
3	0.50	30	5.04	300	50.40
4	0.67	40	6.72	400	67.20
5	0.84	50	8.40	500	84.00
6	1.01	60	10.08	600	100.80
7	1.18	70	11.76	700	117.60
8	1.34	80	13.44	800	134.40
9	1.51	90	15.12	900	151.20
				1000	168.00

FOOD ITEM: CRANBERRY, SAUCE, STRAINED OR WHOLE

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

FOOD ITEM: CRANBERRY, SAUCE, STRAINED OR WHOLE

SERVING SIZE: 1/4 CUP

NUMBER OF #303 CANS		NUMBER OF #303 CANS		NUMBER OF #303 CANS	
NUMBER OF MEALS	#303 CANS REQUIRED	NUMBER OF MEALS	#303 CANS REQUIRED	NUMBER OF MEALS	#303 CANS REQUIRED
1	0.15	10	1.53	100	15.30
2	0.31	20	3.06	200	30.60
3	0.46	30	4.59	300	45.90
4	0.61	40	6.12	400	61.20
5	0.77	50	7.65	500	76.50
6	0.92	60	9.18	600	91.80
7	1.07	70	10.71	700	107.10
8	1.22	80	12.24	800	122.40
9	1.38	90	13.77	900	137.70
				1000	153.00

ADDITIONAL INFORMATION:

ONE #303 CAN = 16 OZ.

FOOD ITEM: DATE PIECES USDA DONATED

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.09	10	0.94	100	9.40
2	0.19	20	1.89	200	18.90
3	0.28	30	2.83	300	28.30
4	0.38	40	3.77	400	37.70
5	0.47	50	4.72	500	47.20
6	0.57	60	5.66	600	56.60
7	0.66	70	6.60	700	66.00
8	0.75	80	7.54	800	75.40
9	0.85	90	8.49	900	84.90
				1000	94.00

ADDITIONAL INFORMATION:

ONE POUNDS = 2-2/3 CUP CHOPPED DATES

FOOD ITEM: FIG NUGGETS USDA DONATED

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.17	10	1.67	100	16.70
2	0.33	20	3.33	200	33.30
3	0.50	30	5.00	300	50.00
4	0.67	40	6.67	400	66.70
5	0.83	50	8.34	500	83.40
6	1.00	60	10.00	600	100.00
7	1.17	70	11.67	700	116.70
8	1.33	80	13.34	800	133.40
9	1.50	90	15.00	900	150.00
				1000	167.00

ADDITIONAL INFORMATION:

ONE POUND = APPROXIMATELY 3 CUPS

FOOD ITEM: FRUIT COCKTAIL, MIXED FRUIT

SERVING SIZE: 1/4 CUP

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.08	10	0.78	100	7.80
2	0.16	20	1.56	200	15.60
3	0.23	30	2.34	300	23.40
4	0.31	40	3.12	400	31.20
5	0.39	50	3.90	500	39.00
6	0.47	60	4.68	600	46.80
7	0.55	70	5.46	700	54.60
8	0.62	80	6.24	800	62.40
9	0.70	90	7.02	900	70.20
				1000	78.00

ADDITIONAL INFORMATION:

ONE #2-1/2 CAN = 2-3/8 CUPS DRAINED FRUIT.

FOOD ITEM: FRUIT COCKTAIL,MIXED FRUIT

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.22	100	2.20
2	0.04	20	0.44	200	4.40
3	0.07	30	0.66	300	6.60
4	0.09	40	0.88	400	8.80
5	0.11	50	1.10	500	11.00
6	0.13	60	1.32	600	13.20
7	0.15	70	1.54	700	15.40
8	0.18	80	1.76	800	17.60
9	0.20	90	1.98	900	19.80
				1000	22.00

ADDITIONAL INFORMATION:

ONE #10 CAN = ABOUT 9-1/4 CUPS DRAINED FRUIT

FOOD ITEM: FRUIT JUICE, FROZEN

SERVING SIZE: 1/2 CUP (2 TABLESPOONS CONCENTRATE)

NUMBER OF 12 OZ. CANS		NUMBER OF 12 OZ. CANS		NUMBER OF 12 OZ. CANS	
NUMBER OF MEALS	12 OZ. CANS REQUIRED	NUMBER OF MEALS	12 OZ. CANS REQUIRED	NUMBER OF MEALS	12 OZ. CANS REQUIRED
1	0.08	10	0.84	100	8.40
2	0.17	20	1.68	200	16.80
3	0.25	30	2.52	300	25.20
4	0.34	40	3.36	400	33.60
5	0.42	50	4.20	500	42.00
6	0.50	60	5.04	600	50.40
7	0.59	70	5.88	700	58.80
8	0.67	80	6.72	800	67.20
9	0.76	90	7.56	900	75.60
				1000	84.00

ADDITIONAL INFORMATION:

ONE PART JUICE CONCENTRATE TO 3 PARTS WATER.

FOOD ITEM: FRUIT JUICE, FROZEN

SERVING SIZE: 1/2 CUP (2 TABLESPOONS CONCENTRATE)

NUMBER OF 32 OZ. CANS		NUMBER OF 32 OZ. CANS		NUMBER OF 32 OZ. CANS	
NUMBER OF MEALS	32 OZ. CANS REQUIRED	NUMBER OF MEALS	32 OZ. CANS REQUIRED	NUMBER OF MEALS	32 OZ. CANS REQUIRED
1	0.03	10	0.32	100	3.20
2	0.06	20	0.64	200	6.40
3	0.10	30	0.96	300	9.60
4	0.13	40	1.28	400	12.80
5	0.16	50	1.60	500	16.00
6	0.19	60	1.92	600	19.20
7	0.22	70	2.24	700	22.40
8	0.26	80	2.56	800	25.60
9	0.29	90	2.88	900	28.80
				1000	32.00

ADDITIONAL INFORMATION:

ONE PART JUICE CONCENTRATE TO 3 PARTS WATER.

FOOD ITEM: FRUITS, FOR SALAD

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 8-1/2 CUPS DRAINED FRUIT.

FOOD ITEM: GRAPES, SEEDLESS FRESH

SERVING SIZE: 1/4 CUP (ABOUT 9 GRAPES)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	1.00	100	10.00
2	0.20	20	2.00	200	20.00
3	0.30	30	3.00	300	30.00
4	0.40	40	4.00	400	40.00
5	0.50	50	5.00	500	50.00
6	0.60	60	6.00	600	60.00
7	0.70	70	7.00	700	70.00
8	0.80	80	8.00	800	80.00
9	0.90	90	9.00	900	90.00
				1000	100.00

FOOD ITEM: JUICES, CANNED

SERVING SIZE: 1/2 CUP

NUMBER OF 46 OZ. CANS		NUMBER OF 46 OZ. CANS		NUMBER OF 46 OZ. CANS	
NUMBER OF MEALS	46 OZ. CANS REQUIRED	NUMBER OF MEALS	46 OZ. CANS REQUIRED	NUMBER OF MEALS	46 OZ. CANS REQUIRED
1	0.09	10	0.88	100	8.80
2	0.18	20	1.76	200	17.60
3	0.26	30	2.64	300	26.40
4	0.35	40	3.52	400	35.20
5	0.44	50	4.40	500	44.00
6	0.53	60	5.28	600	52.80
7	0.62	70	6.16	700	61.60
8	0.70	80	7.04	800	70.40
9	0.79	90	7.92	900	79.20
				1000	88.00

FOOD ITEM: NECTARINES, FRESH

SERVING SIZE: 1 SMALL (1/2 CUP FRUIT)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.26	10	2.61	100	26.10
2	0.52	20	5.22	200	52.20
3	0.78	30	7.83	300	78.30
4	1.04	40	10.44	400	104.40
5	1.31	50	13.05	500	130.50
6	1.57	60	15.66	600	156.60
7	1.83	70	18.27	700	182.70
8	2.09	80	20.88	800	208.80
9	2.35	90	23.49	900	234.90
				1000	261.00

FOOD ITEM: ORANGES, ALL SIZES

SERVING SIZE: 1/4 CUP (1 SMALL ORANGE)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.14	10	1.38	100	13.80
2	0.28	20	2.76	200	27.60
3	0.41	30	4.14	300	41.40
4	0.55	40	5.52	400	55.20
5	0.69	50	6.90	500	69.00
6	0.83	60	8.28	600	82.80
7	0.97	70	9.66	700	96.60
8	1.10	80	11.04	800	110.40
9	1.24	90	12.42	900	124.20
				1000	138.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.71 LB. READY-TO-SERVE.

FOOD ITEM: ORANGES, SIZE 113

SERVING SIZE: 5/8 CUP FRUIT AND JUICE = 1 ORANGE

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.36	10	3.55	100	35.50
2	0.71	20	7.10	200	71.00
3	1.07	30	10.65	300	106.50
4	1.42	40	14.20	400	142.00
5	1.78	50	17.75	500	177.50
6	2.13	60	21.30	600	213.00
7	2.49	70	24.85	700	248.50
8	2.84	80	28.40	800	284.00
9	3.20	90	31.95	900	319.50
				1000	355.00

FOOD ITEM: PEACHES, CANNED, DICED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.02	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 9-1/8 CUPS DRAINED FRUIT.

FOOD ITEM: PEACHES, CANNED, HALVES

SERVING SIZE: 1/4 CUP (ONE PEACH HALF WITH JUICES)

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.22	100	2.20
2	0.04	20	0.44	200	4.40
3	0.07	30	0.66	300	6.60
4	0.09	40	0.88	400	8.80
5	0.11	50	1.10	500	11.00
6	0.13	60	1.32	600	13.20
7	0.15	70	1.54	700	15.40
8	0.18	80	1.76	800	17.60
9	0.20	90	1.98	900	19.80
				1000	22.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 8-1/8 CUPS DRAINED FRUIT (CLINGS) OR 6-2/3 CUPS DRAINED FRUIT (FREESTONES)

FOOD ITEM: PEACHES, CANNED, HALVES

SERVING SIZE: 1/4 CUP (ONE PEACH HALF WITH JUICES)

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.08	10	0.78	100	7.80
2	0.16	20	1.56	200	15.60
3	0.23	30	2.34	300	23.40
4	0.31	40	3.12	400	31.20
5	0.39	50	3.90	500	39.00
6	0.47	60	4.68	600	46.80
7	0.55	70	5.46	700	54.60
8	0.62	80	6.24	800	62.40
9	0.70	90	7.02	900	70.20
				1000	78.00

ADDITIONAL INFORMATION:

ONE #2-1/2 CAN = 2-1/8 CUPS DRAINED FRUIT (CLINGS) OR 2 CUPS DRAINED FRUIT (FREESTONES)

FOOD ITEM: PEACHES, CANNED, SLICES

SERVING SIZE: 1/4 CUP

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.08	10	0.77	100	7.70
2	0.15	20	1.54	200	15.40
3	0.23	30	2.31	300	23.10
4	0.31	40	3.08	400	30.80
5	0.39	50	3.85	500	38.50
6	0.46	60	4.62	600	46.20
7	0.54	70	5.39	700	53.90
8	0.62	80	6.16	800	61.60
9	0.69	90	6.93	900	69.30

ADDITIONAL INFORMATION:

ONE #2-1/2 CAN = 2-1/8 CUPS DRAINED FRUIT (CLINGS) OR 2 CUPS DRAINED FRUIT (FREESTONES)

FOOD ITEM: PEACHES, CANNED, SLICES

SERVING SIZE: 1/4 CUP WITH JUICE

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	0.17	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 7-1/2 CUPS DRAINED FRUIT (CLINGS) OR 6-3/4 CUPS DRAINED FRUIT (FREESTONES)

FOOD ITEM: PEACHES, FRESH

SERVING SIZE: 1 SMALL (ABOUT 1/2 CUP)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.27	10	2.67	100	26.70
2	0.53	20	5.34	200	53.40
3	0.80	30	8.01	300	80.10
4	1.07	40	10.68	400	106.80
5	1.34	50	13.35	500	133.50
6	1.60	60	16.02	600	160.20
7	1.87	70	18.69	700	186.90
8	2.14	80	21.36	800	213.60
9	2.40	90	24.03	900	240.30
				1000	267.00

FOOD ITEM: PEARS, CANNED DICED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 9-1/2 CUPS DRAINED FRUIT.

FOOD ITEM: PEARS, CANNED HALVES

SERVING SIZE: 1/4 CUP (ONE PEAR HALF W/ JUICES)

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 7-3/4 CUPS DRAINED FRUIT.

FOOD ITEM: PEARS, CANNED HALVES

SERVING SIZE: 1/4 CUP (ONE PEAR HALF W/ JUICES)

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.07	10	0.70	100	7.00
2	0.14	20	1.40	200	14.00
3	0.21	30	2.10	300	21.00
4	0.28	40	2.80	400	28.00
5	0.35	50	3.50	500	35.00
6	0.42	60	4.20	600	42.00
7	0.49	70	4.90	700	49.00
8	0.56	80	5.60	800	56.00
9	0.63	90	6.30	900	63.00
				1000	70.00

ADDITIONAL INFORMATION:

ONE #2-1/2 CAN = 2 CUPS DRAINED FRUIT.

FOOD ITEM: PEARS, FRESH

SERVING SIZE: 1/2 CUP FRUIT = 1 SMALL PEAR

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.24	10	2.41	100	24.10
2	0.48	20	4.82	200	48.20
3	0.72	30	7.23	300	72.30
4	0.96	40	9.64	400	96.40
5	1.21	50	12.05	500	120.50
6	1.45	60	14.46	600	144.60
7	1.69	70	16.87	700	168.70
8	1.93	80	19.28	800	192.80
9	2.17	90	21.69	900	216.90
				1000	241.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.92 READY-TO-COOK OR SERVE RAW UNPARED.

FOOD ITEM: PINEAPPLE, CANNED CHUNKS

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.20	100	2.00
2	0.04	20	0.40	200	4.00
3	0.06	30	0.60	300	6.00
4	0.08	40	0.80	400	8.00
5	0.10	50	1.00	500	10.00
6	0.12	60	1.20	600	12.00
7	0.14	70	1.40	700	14.00
8	0.16	80	1.60	800	16.00
9	0.18	90	1.80	900	18.00
				1000	20.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 10 CUPS DRAINED FRUIT.

FOOD ITEM: PINEAPPLE, CANNED CHUNKS

SERVING SIZE: 1/4 CUP

NUMBER OF #2 CANS		NUMBER OF #2 CANS		NUMBER OF #2 CANS	
NUMBER OF MEALS	#2 CANS REQUIRED	NUMBER OF MEALS	#2 CANS REQUIRED	NUMBER OF MEALS	#2 CANS REQUIRED
1	0.11	10	1.06	100	10.60
2	0.21	20	2.12	200	21.20
3	0.32	30	3.18	300	31.80
4	0.42	40	4.24	400	42.40
5	0.53	50	5.30	500	53.00
6	0.64	60	6.36	600	63.60
7	0.74	70	7.42	700	74.20
8	0.85	80	8.48	800	84.80
9	0.95	90	9.54	900	95.40
				1000	106.00

ADDITIONAL INFORMATION:

ONE #2 CAN = 1-7/8 CUPS DRAINED FRUIT.

FOOD ITEM: PINEAPPLE, CANNED SLICES

SERVING SIZE: 1/4 CUP FRUIT (ABOUT 1-1/2 SLICES)

NUMBER OF #2 CANS		NUMBER OF #2 CANS		NUMBER OF #2 CANS	
NUMBER OF MEALS	#2 CANS REQUIRED	NUMBER OF MEALS	#2 CANS REQUIRED	NUMBER OF MEALS	#2 CANS REQUIRED
1	0.11	10	1.13	100	11.30
2	0.23	20	2.26	200	22.60
3	0.34	30	3.39	300	33.90
4	0.45	40	4.52	400	45.20
5	0.57	50	5.65	500	56.50
6	0.68	60	6.78	600	67.80
7	0.79	70	7.91	700	79.10
8	0.90	80	9.04	800	90.40
9	1.02	90	10.17	900	101.70
				1000	113.00

ADDITIONAL INFORMATION:

ONE #2 CAN = 2 CUPS DRAINED FRUIT.

FOOD ITEM: PINEAPPLE, CANNED SLICES

SERVING SIZE: 1/4 CUP (ABOUT 1-1/2 SLICES)

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	113.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 9-1/3 CUPS DRAINED FRUIT OR 60 SLICES.

FOOD ITEM: PINEAPPLE, CANNED, CRUSHED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 10 7/8 CUP DRAINED FRUIT.

FOOD ITEM: PINEAPPLE, FRESH

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.16	10	1.56	100	15.60
2	0.31	20	3.12	200	31.20
3	0.47	30	4.68	300	46.80
4	0.62	40	6.24	400	62.40
5	0.78	50	7.80	500	78.00
6	0.94	60	9.36	600	93.60
7	1.09	70	10.92	700	109.20
8	1.25	80	12.48	800	124.80
9	1.40	90	14.04	900	140.40
				1000	156.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.54 LB. READY-TO-SERVE RAW.

FOOD ITEM: PLUMS, PURPLE CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.20	100	2.00
2	0.04	20	0.40	200	4.00
3	0.06	30	0.60	300	6.00
4	0.08	40	0.80	400	8.00
5	0.10	50	1.00	500	10.00
6	0.12	60	1.20	600	12.00
7	0.14	70	1.40	700	14.00
8	0.16	80	1.60	800	16.00
9	0.18	90	1.80	900	18.00
				1000	20.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 7 1/4 CUPS DRAINED FRUIT WITH PITS

FOOD ITEM: PRUNES, PITTED USDA DONATED

SERVING SIZE: 1/4 CUP (ABOUT 6 PRUNES)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.09	10	0.94	100	9.40
2	0.19	20	1.88	200	18.80
3	0.28	30	2.82	300	28.20
4	0.38	40	3.76	400	37.60
5	0.47	50	4.70	500	47.00
6	0.56	60	5.64	600	56.40
7	0.66	70	6.58	700	65.80
8	0.75	80	7.52	800	75.20
9	0.85	90	8.46	900	84.60
				1000	94.00

ADDITIONAL INFORMATION:

ONE POUND = ABOUT 2 2/3 CUPS.

FOOD ITEM: PUMPKIN, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.20	100	2.00
2	0.04	20	0.40	200	4.00
3	0.06	30	0.60	300	6.00
4	0.08	40	0.80	400	8.00
5	0.10	50	1.00	500	10.00
6	0.12	60	1.20	600	12.00
7	0.14	70	1.40	700	14.00
8	0.16	80	1.60	800	16.00
9	0.18	90	1.80	900	18.00
				1000	20.00

FOOD ITEM: RAISINS

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.08	10	0.80	100	8.00
2	0.16	20	1.60	200	16.00
3	0.24	30	2.40	300	24.00
4	0.32	40	3.20	400	32.00
5	0.40	50	4.00	500	40.00
6	0.48	60	4.80	600	48.00
7	0.56	70	5.60	700	56.00
8	0.64	80	6.40	800	64.00
9	0.72	90	7.20	900	72.00
				1000	80.00

ADDITIONAL INFORMATION:

ONE POUND = 3-1/8 CUPS FRUIT

FOOD ITEM: STRAWBERRIES, FRESH

SERVING SIZE: 1/4 CUP

NUMBER OF PINTS		NUMBER OF PINTS		NUMBER OF PINTS	
NUMBER OF MEALS	PINTS REQUIRED	NUMBER OF MEALS	PINTS REQUIRED	NUMBER OF MEALS	PINTS REQUIRED
1	0.13	10	1.27	100	12.70
2	0.25	20	2.54	200	25.40
3	0.38	30	3.81	300	38.10
4	0.51	40	5.08	400	50.80
5	0.64	50	6.35	500	63.50
6	0.76	60	7.62	600	76.20
7	0.89	70	8.89	700	88.90
8	1.02	80	10.16	800	101.60
9	1.14	90	11.43	900	114.30
				1000	127.00

FOOD ITEM: STRAWBERRIES, FRESH

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	0.95	100	9.50
2	0.19	20	1.90	200	19.00
3	0.29	30	2.85	300	28.50
4	0.38	40	3.80	400	38.00
5	0.48	50	4.75	500	47.50
6	0.57	60	5.70	600	57.00
7	0.67	70	6.65	700	66.50
8	0.76	80	7.60	800	76.00
9	0.86	90	8.55	900	85.50
				1000	95.00

FOOD ITEM: STRAWBERRIES, FROZEN, SLICED

SERVING SIZE: 1/4 CUP FRUIT WITH JUICE

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.14	10	1.40	100	14.00
2	0.28	20	2.80	200	28.00
3	0.42	30	4.20	300	42.00
4	0.56	40	5.60	400	56.00
5	0.70	50	7.00	500	70.00
6	0.84	60	8.40	600	84.00
7	0.98	70	9.80	700	98.00
8	1.12	80	11.20	800	112.00
9	1.26	90	12.60	900	126.00
				1000	140.00

FOOD ITEM: WATERMELON, FRESH

SERVING SIZE: 1/4 CUP CUBES

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.16	10	1.55	100	15.50
2	0.31	20	3.10	200	31.00
3	0.47	30	4.65	300	46.50
4	0.62	40	6.20	400	62.00
5	0.78	50	7.75	500	77.50
6	0.93	60	9.30	600	93.00
7	1.09	70	10.85	700	108.50
8	1.24	80	12.40	800	124.00
9	1.40	90	13.95	900	139.50
				1000	155.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.57 LB. READY-TO-SERVE RAW

FOOD ITEM: WATERMELON, FRESH

SERVING SIZE: 2/3 CUP (1 WEDGE)

NUMBER OF MELONS		NUMBER OF MELONS		NUMBER OF MELONS	
NUMBER OF MEALS	MELONS REQUIRED	NUMBER OF MEALS	MELONS REQUIRED	NUMBER OF MEALS	MELONS REQUIRED
1	0.02	10	0.16	100	1.60
2	0.03	20	0.32	200	3.20
3	0.05	30	0.48	300	4.80
4	0.06	40	0.64	400	6.40
5	0.08	50	0.80	500	8.00
6	0.10	60	0.96	600	9.60
7	0.11	70	1.12	700	11.20
8	0.13	80	1.28	800	12.80
9	0.14	90	1.44	900	14.40
				1000	16.00

MEAT/MEAT ALTERNATE

FOOD ITEM: ALMONDS

SERVING SIZE: 1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

1 LB. = 3-1/2 CUPS CHOPPED.

FOOD ITEM: BEANS, CANNED (BAKED OR IN SAUCE - REFRIED BEANS INCLUDED)

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

FOOD ITEM: BEANS, PINTO (CANNED)

SERVING SIZE: 1/2 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.05	10	0.48	100	4.80
2	0.10	20	0.96	200	9.60
3	0.14	30	1.44	300	14.40
4	0.19	40	1.92	400	19.20
5	0.24	50	2.40	500	24.00
6	0.29	60	2.88	600	28.80
7	0.34	70	3.36	700	33.60
8	0.38	80	3.84	800	38.40
9	0.43	90	4.32	900	43.20
				1000	48.00

ADDITIONAL INFORMATION:

ONE CAN = 11 5/8 CUP DRAINED BEANS.

FOOD ITEM: BEANS, PINTO (CANNED)

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.24	100	2.40
2	0.05	20	0.48	200	4.80
3	0.07	30	0.72	300	7.20
4	0.10	40	0.96	400	9.60
5	0.12	50	1.20	500	12.00
6	0.14	60	1.44	600	14.40
7	0.17	70	1.68	700	16.80
8	0.19	80	1.92	800	19.20
9	0.22	90	2.16	900	21.60
				1000	24.00

ADDITIONAL INFORMATION:

ONE CAN = 11 5/8 CUP DRAINED BEANS.

FOOD ITEM: BEANS, PINTO (DRY)

SERVING SIZE: 1/2 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.08	10	0.82	100	8.20
2	0.16	20	1.64	200	16.40
3	0.25	30	2.46	300	24.60
4	0.33	40	3.28	400	32.80
5	0.41	50	4.10	500	41.00
6	0.49	60	4.92	600	49.20
7	0.57	70	5.74	700	57.40
8	0.66	80	6.56	800	65.60
9	0.74	90	7.38	900	73.80
				1000	82.00

FOOD ITEM: BEANS, PINTO (DRY)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.04	10	0.41	100	4.10
2	0.08	20	0.82	200	8.20
3	0.12	30	1.23	300	12.30
4	0.16	40	1.64	400	16.40
5	0.21	50	2.05	500	20.50
6	0.25	60	2.46	600	24.60
7	0.29	70	2.87	700	28.70
8	0.33	80	3.28	800	32.80
9	0.37	90	3.69	900	36.90
				1000	41.00

FOOD ITEM: BEANS, VEGETARIAN (CANNED)

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.41	200	4.10
3	0.06	30	0.62	300	6.20
4	0.08	40	0.82	400	8.20
5	0.10	50	1.03	500	10.30
6	0.12	60	1.23	600	12.30
7	0.14	70	1.44	700	14.40
8	0.16	80	1.64	800	16.40
9	0.18	90	1.85	900	18.50
				1000	21.00

FOOD ITEM: BEEF, CANNED STEW

SERVING SIZE: 3/4 CUP (1.2 OZ. MEAT)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.42	10	4.22	100	42.20
2	0.84	20	8.44	200	84.40
3	1.27	30	12.66	300	126.60
4	1.69	40	16.88	400	168.80
5	2.11	50	21.10	500	211.00
6	2.53	60	25.32	600	253.20
7	2.95	70	29.54	700	295.40
8	3.38	80	33.76	800	337.60
9	3.90	90	37.98	900	379.80
				1000	422.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = .18 LB. COOKED MEAT.

FOOD ITEM: BEEF, CANNED USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	2-1/2 CANS REQUIRED	NUMBER OF MEALS	2-1/2 CANS REQUIRED	NUMBER OF MEALS	2-1/2 CANS REQUIRED
1	0.14	10	1.36	100	13.60
2	0.27	20	2.72	200	27.20
3	0.41	30	4.08	300	40.80
4	0.54	40	5.44	400	54.40
5	0.68	50	6.80	500	68.00
6	0.82	60	8.16	600	81.60
7	0.95	70	9.52	700	95.20
8	1.09	80	10.88	800	108.80
9	1.22	90	12.24	900	122.40
				1000	136.00

FOOD ITEM: BEEF, CANNED W/BAR B Q SAUCE

SERVING SIZE: 1/3 CUP (1.5 OZ.)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.19	10	1.88	100	18.80
2	0.38	20	3.76	200	37.60
3	0.56	30	5.64	300	56.40
4	0.75	40	7.52	400	75.20
5	0.94	50	9.40	500	94.00
6	1.13	60	11.28	600	112.80
7	1.32	70	13.16	700	131.60
8	1.50	80	15.04	800	150.40
9	1.69	90	16.92	900	169.20
				1000	188.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 1/2 LB. COOKED MEAT.

FOOD ITEM: BEEF, CHUCK ROAST

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.01	10	0.11	100	1.10
2	0.02	20	0.22	200	2.20
3	0.03	30	0.33	300	3.30
4	0.04	40	0.44	400	4.40
5	0.06	50	0.55	500	5.50
6	0.07	60	0.66	600	6.60
7	0.08	70	0.77	700	7.70
8	0.09	80	0.88	800	8.80
9	0.10	90	0.99	900	9.90
				1000	11.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.60 LB. COOKED LEAN MEAT.

FOOD ITEM: BEEF, GROUND PATTIES, USDA DONATED (NO MORE THAN 24% FAT)

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.19	10	1.88	100	18.80
2	0.38	20	3.76	200	37.60
3	0.56	30	5.64	300	56.40
4	0.75	40	7.52	400	75.20
5	0.94	50	9.40	500	94.00
6	1.13	60	11.28	600	112.80
7	1.32	70	13.16	700	131.60
8	1.50	80	15.04	800	150.40
9	1.69	90	16.92	900	169.20
				1000	188.00

ADDITIONAL INFORMATION:

3 OZ. RAW PATTY = 2 OZ. COOKED PORTION

FOOD ITEM: BEEF, GROUND - MARKET STYLE (NO MORE THAN 30% FAT)

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.18	10	1.80	100	18.00
2	0.36	20	3.60	200	36.00
3	0.54	30	5.40	300	54.00
4	0.72	40	7.20	400	72.00
5	0.90	50	9.00	500	90.00
6	1.08	60	10.80	600	108.00
7	1.26	70	12.60	700	126.00
8	1.44	80	14.40	800	144.00
9	1.62	90	16.20	900	162.00
				1000	180.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.70 LB. COOKED MEAT

FOOD ITEM: BEEF, GROUND, USDA DONATED (NO MORE THAN 24% FAT)

SERVING SIZE: 2 oz.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.17	10	1.72	100	17.20
2	0.34	20	3.44	200	34.40
3	0.52	30	5.16	300	51.60
4	0.69	40	6.88	400	68.80
5	0.86	50	8.60	500	86.00
6	1.03	60	10.32	600	103.20
7	1.20	70	12.04	700	120.40
8	1.38	80	13.76	800	137.60
9	1.55	90	15.48	900	154.80
				1000	172.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.73 LB. COOKED MEAT

FOOD ITEM: BEEF, STEW MEAT

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.22	10	2.24	100	22.40
2	0.45	20	4.48	200	44.80
3	0.67	30	6.72	300	67.20
4	0.90	40	8.96	400	89.60
5	1.12	50	11.20	500	112.00
6	1.34	60	13.44	600	134.40
7	1.57	70	15.68	700	156.80
8	1.79	80	17.92	800	179.20
9	2.02	90	20.16	900	201.60
				1000	224.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.56 LB. COOKED LEAN MEAT

FOOD ITEM: BOLOGNA, OTHER LUNCHEON MEATS INCLUDING PEPPERONI

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.13	10	1.26	100	12.60
2	0.25	20	2.52	200	25.20
3	0.38	30	3.78	300	37.80
4	0.50	40	5.04	400	0.40
5	0.63	50	6.30	500	63.00
6	0.76	60	7.56	600	75.60
7	0.88	70	8.82	700	88.20
8	1.01	80	10.08	800	100.80
9	1.13	90	11.34	900	113.40
				1000	126.00

FOOD ITEM: CHEESE, AMERICAN, CHEDDAR, MOZZARELLA (REGULAR AND LITE), SWISS, PARMESAN OR ROMANO

SERVING SIZE: 1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

SERVINGS FOR NATURAL OR SUBSTITUTE CHEESE.

FOOD ITEM: CHEESE, AMERICAN, CHEDDAR, MOZZARELLA (REGULAR AND LITE), SWISS, PARMESAN OR ROMANO

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.13	10	1.26	100	12.60
2	0.25	20	2.52	200	25.20
3	0.38	30	3.78	300	37.80
4	0.50	40	5.04	400	50.40
5	0.63	50	6.30	500	63.00
6	0.76	60	7.56	600	75.60
7	0.88	70	8.82	700	88.20
8	1.01	80	10.08	800	100.80
9	1.13	90	11.34	900	113.40
				1000	126.00

ADDITIONAL INFORMATION:

ONE POUND = ABOUT 4 CUPS SHREDDED. SERVINGS FOR NATURAL OR SUBSTITUTE CHEESE.

FOOD ITEM: CHICKEN WINGS

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.39	10	3.88	100	38.80
2	0.78	20	7.76	200	77.60
3	1.16	30	11.64	300	116.40
4	1.55	40	15.52	400	155.20
5	1.94	50	19.40	500	194.00
6	2.33	60	23.28	600	232.80
7	2.72	70	27.16	700	271.60
8	3.10	80	31.04	800	310.40
9	3.49	90	34.92	900	349.20
				1000	388.00

ADDITIONAL INFORMATION:

ONE WING = 3.1 OZ. RAW OR 1 OZ. COOKED MEAT. ONE POUND AS PURCHASED = 0.34 LB. COOKED CHICKEN WITH SKIN.

FOOD ITEM: CHICKEN, CANNED BONED USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.10	10	0.96	100	9.60
2	0.19	20	1.92	200	19.20
3	0.29	30	2.88	300	28.80
4	0.38	40	3.84	400	38.40
5	0.48	50	4.80	500	48.00
6	0.58	60	5.76	600	57.60
7	0.67	70	6.72	700	67.20
8	0.77	80	7.68	800	76.80
9	0.86	90	8.64	900	86.40
				1000	96.00

FOOD ITEM: CHICKEN, COOKED, DICED, USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF 10# BAGS		NUMBER OF 10# BAGS		NUMBER OF 10# BAGS	
NUMBER OF MEALS	10# BAGS REQUIRED	NUMBER OF MEALS	10# BAGS REQUIRED	NUMBER OF MEALS	10# BAGS REQUIRED
1	0.01	10	0.13	100	1.30
2	0.03	20	0.25	200	2.50
3	0.04	30	0.38	300	3.80
4	0.05	40	0.50	400	5.00
5	0.06	50	0.63	500	6.30
6	0.08	60	0.75	600	7.50
7	0.09	70	0.88	700	8.80
8	0.10	80	1.00	800	10.00
9	0.11	90	1.13	900	11.30
				1000	13.00

FOOD ITEM: CHICKEN, DRUMSTICKS

SERVING SIZE: 1 DRUMSTICK (1.8 OZ.)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.23	10	2.32	100	23.20
2	0.46	20	4.64	200	46.40
3	0.70	30	6.96	300	69.60
4	0.93	40	9.28	400	92.80
5	1.16	50	11.60	500	116.00
6	1.39	60	13.92	600	139.20
7	1.62	70	16.24	700	162.40
8	1.86	80	18.56	800	185.60
9	2.09	90	20.88	900	208.80
				1000	232.00

ADDITIONAL INFORMATION:

ONE DRUMSTICK = 3.7 OZ. RAW.

FOOD ITEM: CHICKEN, THIGH WITH BACKS, USDA DONATED

SERVING SIZE: 3.1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.46	10	4.57	100	45.70
2	0.91	20	9.14	200	91.40
3	1.37	30	13.71	300	137.10
4	1.83	40	18.28	400	182.80
5	2.29	50	22.85	500	228.50
6	2.74	60	27.42	600	274.20
7	3.20	70	31.99	700	319.90
8	3.66	80	36.56	800	365.60
9	4.11	90	41.13	900	411.30
				1000	457.00

ADDITIONAL INFORMATION:

ONE THIGH WITH BACK = 8.7 OZ. RAW; 3.1 OZ. COOKED. ONE POUND AS PURCHASED = 0.42 LB. COOKED CHICKEN WITH SKIN

FOOD ITEM: CHICKEN, THIGHS

SERVING SIZE: 2.1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.25	10	2.50	100	25.00
2	0.50	20	5.00	200	50.00
3	0.75	30	7.50	300	75.00
4	1.00	40	10.00	400	100.00
5	1.25	50	12.50	500	125.00
6	1.50	60	15.00	600	150.00
7	1.75	70	17.50	700	175.00
8	2.00	80	20.00	800	200.00
9	2.25	90	22.50	900	225.00
				1000	250.00

ADDITIONAL INFORMATION:

ONE THIGH = 4 OZ. RAW, 2.1 OZ. COOKED MEAT. ONE POUND AS PURCHASED = 0.52 COOKED CHICKEN WITH SKIN

FOOD ITEM: CHICKEN, USDA FRYERS (8 PIECE CUT) FRESH OR PRECOOKED BREADED

SERVING SIZE: 2 OZ.

NUMBER OF 40 LB. BOX		NUMBER OF 40 LB. BOX		NUMBER OF 40 LB. BOX	
NUMBER OF MEALS	40 LB. BOX REQUIRED	NUMBER OF MEALS	40 LB. BOX REQUIRED	NUMBER OF MEALS	40 LB. BOX REQUIRED
1	0.01	10	0.12	100	1.20
2	0.02	20	0.24	200	2.40
3	0.04	30	0.36	300	3.60
4	0.05	40	0.48	400	4.80
5	0.06	50	0.60	500	6.00
6	0.07	60	0.72	600	7.20
7	0.08	70	0.84	700	8.40
8	0.10	80	0.96	800	9.60
9	0.11	90	1.08	900	10.80
				1000	12.00

ADDITIONAL INFORMATION:

ONE BOX = 14 CHICKENS APPROX. 2-1/2 TO 3-1/4 LB. EACH. FRYER PIECES PER BOX--2 BREAST PIECE 2 DRUMSTICKS, 2 THIGHS WITH BACKS, 2 WINGS.

FOOD ITEM: CHICKEN, WHOLE (UNCUT) NO NECK MEAT OR GIBLETS

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.35	10	3.48	100	34.80
2	0.70	20	6.96	200	69.60
3	1.04	30	10.44	300	104.40
4	1.39	40	13.92	400	139.20
5	1.74	50	17.40	500	174.00
6	2.09	60	20.88	600	208.80
7	2.44	70	24.36	700	243.60
8	2.78	80	27.84	800	278.40
9	3.13	90	31.32	900	313.20
				1000	348.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.36 LB. COOKED CHICKEN WITHOUT SKIN

FOOD ITEM: COTTAGE CHEESE (ABOUT 1/4 CUP)

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.13	10	1.25	100	12.50
2	0.25	20	2.50	200	25.00
3	0.38	30	3.75	300	37.50
4	0.50	40	5.00	400	50.00
5	0.63	50	6.25	500	62.50
6	0.75	60	7.50	600	75.00
7	0.88	70	8.75	700	87.50
8	1.00	80	10.00	800	100.00
9	1.13	90	11.25	900	112.50
				1000	125.00

ADDITIONAL INFORMATION:

ONE POUND = ABOUT 2 CUPS

FOOD ITEM: EGG MIX, DRIED USDA DONATED

SERVING SIZE: 1 LARGE EGG

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

3 CUPS OR 12 OZ. EGG MIX AND 3 CUPS WATER = 1 DOZEN LARGE EGGS.

FOOD ITEM: EGGS, FRESH SHELL

SERVING SIZE: 1 LARGE EGG

NUMBER OF DOZENS		NUMBER OF DOZENS		NUMBER OF DOZENS	
NUMBER OF MEALS	DOZENS REQUIRED	NUMBER OF MEALS	DOZENS REQUIRED	NUMBER OF MEALS	DOZENS REQUIRED
1	0.08	10	0.84	100	8.40
2	0.17	20	1.68	200	16.80
3	0.25	30	2.52	300	25.20
4	0.34	40	3.36	400	33.60
5	0.42	50	4.20	500	42.00
6	0.50	60	5.04	600	50.40
7	0.59	70	5.88	700	58.80
8	0.67	80	6.72	800	67.20
9	0.76	90	7.56	900	75.60
				1000	84.00

ADDITIONAL INFORMATION:

ONE QUART (34 OZ) = ABOUT 19 LARGE WHOLE EGGS OR 29 WHITES OR 57 YOLKS.

FOOD ITEM: EGGS, WHOLE, FROZEN USDA DONATED

SERVING SIZE: 1 LARGE EGG

NUMBER OF 5# CARTONS		NUMBER OF 5# CARTONS		NUMBER OF 5# CARTONS	
NUMBER OF MEALS	5# CARTONS REQUIRED	NUMBER OF MEALS	5# CARTONS REQUIRED	NUMBER OF MEALS	5# CARTONS REQUIRED
1	0.02	10	0.22	100	2.20
2	0.04	20	0.44	200	4.40
3	0.07	30	0.67	300	6.70
4	0.09	40	0.89	400	8.90
5	0.11	50	1.11	500	11.10
6	0.13	60	1.33	600	13.30
7	0.16	70	1.55	700	15.50
8	0.18	80	1.78	800	17.80
9	0.20	90	2.00	900	20.00
				1000	22.20

ADDITIONAL INFORMATION:

ONE LARGE EGG EQUALS 3 TBS. OF FROZEN EGG

FOOD ITEM: FISH PORTIONS, FRIED BATTERED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.38	10	3.76	100	37.60
2	0.75	20	7.52	200	75.20
3	1.13	30	11.28	300	112.80
4	1.50	40	15.04	400	150.40
5	1.88	50	18.80	500	188.00
6	2.26	60	22.56	600	225.60
7	2.63	70	26.32	700	263.20
8	3.01	80	30.08	800	300.80
9	3.38	90	33.84	900	338.40
				1000	376.00

ADDITIONAL INFORMATION:

ONE 3 OZ. RAW PORTION = 1.1 OZ COOKED SERVING. ONE POUND AS PURCHASED = 0.37 LB. COOKED FISH.

FOOD ITEM: FISH PORTION, FRIED BREADED

SERVING SIZE: 2.2 OZ. COOKED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.25	10	2.50	100	25.00
2	0.50	20	5.00	200	50.00
3	0.75	30	7.50	300	75.00
4	1.00	40	10.00	400	100.00
5	1.25	50	12.50	500	125.00
6	1.50	60	15.00	600	150.00
7	1.75	70	17.50	700	175.00
8	2.00	80	20.00	800	200.00
9	2.25	90	22.50	900	225.00
				1000	250.00

ADDITIONAL INFORMATION:

4 OZ. RAW PORTION = 2.2 OZ. COOKED. ONE POUND AS PURCHASED = 0.54 LB. COOKED FISH.

FOOD ITEM: FISH PORTION, UNBREADED

SERVING SIZE: 2.3 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.19	10	1.88	100	18.80
2	0.38	20	3.76	200	37.60
3	0.56	30	5.64	300	56.40
4	0.75	40	7.52	400	75.20
5	0.94	50	9.40	500	94.00
6	1.13	60	11.28	600	112.80
7	1.32	70	13.16	700	131.60
8	1.50	80	15.04	800	150.40
9	1.69	90	16.92	900	169.20
				1000	188.00

ADDITIONAL INFORMATION:

ONE 3 OZ. RAW PORTION = 2.3 OZ. COOKED. ONE POUND AS PURCHASED = 0.78 LB. COOKED FISH.

FOOD ITEM: FISH STICKS, BREADED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.25	10	2.50	100	25.00
2	0.50	20	5.00	200	50.00
3	0.75	30	7.50	300	75.00
4	1.00	40	10.00	400	100.00
5	1.25	50	12.50	500	125.00
6	1.50	60	15.00	600	150.00
7	1.75	70	17.50	700	175.00
8	2.00	80	20.00	800	200.00
9	2.25	90	22.50	900	225.00
				1000	250.00

ADDITIONAL INFORMATION:

4 STICKS PER SERVING. EACH STICK = 1/2 OZ. COOKED PORTION. ONE POUND AS PURCHASED = 0.49 LB. COOKED FISH.

FOOD ITEM: HAM, CANNED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.20	10	2.00	100	20.00
2	0.40	20	4.00	200	40.00
3	0.60	30	6.00	300	60.00
4	0.80	40	8.00	400	80.00
5	1.00	50	10.00	500	100.00
6	1.20	60	12.00	600	120.00
7	1.40	70	14.00	700	140.00
8	1.60	80	16.00	800	160.00
9	1.80	90	18.00	900	180.00
				1000	200.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.64 LB. COOKED LEAN MEAT.

FOOD ITEM: HAM, COOKED, BONELESS, FROZEN, USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.15	10	1.48	100	14.80
2	0.30	20	2.95	200	29.50
3	0.44	30	4.43	300	44.30
4	0.59	40	5.89	400	58.90
5	0.74	50	7.36	500	73.60
6	0.88	60	8.83	600	88.30
7	1.03	70	10.30	700	103.00
8	1.18	80	11.77	800	117.70
9	1.32	90	13.24	900	132.40
				1000	147.10

FOOD ITEM: HAM, WITHOUT BONE

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.20	10	2.00	100	20.00
2	0.40	20	4.00	200	40.00
3	0.60	30	6.00	300	60.00
4	0.80	40	8.00	400	80.00
5	1.00	50	10.00	500	100.00
6	1.20	60	12.00	600	120.00
7	1.40	70	14.00	700	140.00
8	1.60	80	16.00	800	160.00
9	1.80	90	18.00	900	180.00
				1000	200.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.63 LB. COOKED LEAN MEAT.

FOOD ITEM: HOT DOGS (WEINERS)

SERVING SIZE: 1.6 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	1.00	100	10.00
2	0.20	20	2.00	200	20.00
3	0.30	30	3.00	300	30.00
4	0.40	40	4.00	400	40.00
5	0.50	50	5.00	500	50.00
6	0.60	60	6.00	600	60.00
7	0.70	70	7.00	700	70.00
8	0.80	80	8.00	800	80.00
9	0.90	90	9.00	900	90.00
				1000	100.00

ADDITIONAL INFORMATION:

FRANKFURTERS ARE 10 PER POUND.

FOOD ITEM: HOT DOGS (WEINERS)

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.13	10	1.25	100	12.50
2	0.25	20	2.50	200	25.00
3	0.38	30	3.75	300	37.50
4	0.50	40	5.00	400	50.00
5	0.63	50	6.25	500	62.50
6	0.75	60	7.50	600	75.00
7	0.88	70	8.75	700	87.50
8	1.00	80	10.00	800	100.00
9	1.13	90	11.25	900	112.50
				1000	125.00

ADDITIONAL INFORMATION:

FRANKFURTERS ARE 8 PER POUND

FOOD ITEM: NUT BUTTER

SERVING SIZE: 2 TABLESPOONS (1.1 OZ.)

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.01	10	0.11	100	1.10
2	0.02	20	0.22	200	2.20
3	0.03	30	0.33	300	3.30
4	0.04	40	0.44	400	4.40
5	0.06	50	0.55	500	5.50
6	0.07	60	0.66	600	6.60
7	0.08	70	0.77	700	7.70
8	0.09	80	0.88	800	8.80
9	0.10	90	0.99	900	9.90
				1000	11.00

ADDITIONAL INFORMATION:

APPLIES TO ALL NUT AND SEED BUTTERS SUCH AS PEANUT BUTTER (REGULAR OR REDUCED FAT), ALMOND, BUTTER, CASHEW NUT BUTTER, SESAME SEED BUTTER AND SUNFLOWER SEED BUTTER.

FOOD ITEM: NUT BUTTER

SERVING SIZE: 4 TABLESPOONS (2.2 OZ.)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.14	10	1.40	100	14.00
2	0.28	20	2.80	200	28.00
3	0.42	30	4.20	300	42.00
4	0.56	40	5.60	400	56.00
5	0.70	50	7.00	500	70.00
6	0.84	60	8.40	600	84.00
7	0.98	70	9.80	700	98.00
8	1.12	80	11.20	800	112.00
9	1.26	90	12.60	900	126.00
				1000	140.00

ADDITIONAL INFORMATION:

APPLIES TO ALL NUT AND SEED BUTTERS, SUCH AS PEANUT BUTTER (REGULAR OR REDUCED FAT), ALMOND BUTTER, CASHEW NUT BUTTER, SESAME SEED BUTTER, AND SUNFLOWER SEED BUTTER. IF PURCHASE UNIT USED IS A 32 OZ. JAR, ONLY HALF THE AMOUNT LISTED IS NEEDED.

FOOD ITEM: NUT BUTTER

SERVING SIZE: 4 TABLESPOONS (2.2 OZ.)

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.22	100	2.20
2	0.04	20	0.44	200	4.40
3	0.07	30	0.66	300	6.60
4	0.09	40	0.88	400	8.80
5	0.11	50	1.10	500	11.00
6	0.13	60	1.32	600	13.20
7	0.15	70	1.54	700	15.40
8	0.18	80	1.76	800	17.60
9	0.20	90	1.98	900	19.80
				1000	22.00

ADDITIONAL INFORMATION:

APPLIES TO ALL NUT AND SEED BUTTERS SUCH AS PEANUT BUTTER (REGULAR OR REDUCED FAT), ALMOND BUTTER CASHEW NUT BUTTER, SESAME SEED BUTTER, AND SUNFLOWER SEED BUTTER.

FOOD ITEM: PEANUT GRANULES

SERVING SIZE: 1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

1 LB. = 3-1/4 CUPS.

FOOD ITEM: PEANUTS

SERVING SIZE: 1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

1 LB. = ABOUT 3 CUPS WHOLE.

FOOD ITEM: PORK GROUND, USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.17	10	1.72	100	17.20
2	0.37	20	3.44	200	34.40
3	0.52	30	5.16	300	51.60
4	0.69	40	6.88	400	68.80
5	0.86	50	8.60	500	86.00
6	1.03	60	10.32	600	103.20
7	1.20	70	12.04	700	120.40
8	1.38	80	13.76	800	137.60
9	1.55	90	15.48	900	154.80
				1000	172.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.73 LB. COOKED LEAN MEAT.

FOOD ITEM: PORK SAUSAGE, BULK, LINK, OR PATTY

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.27	10	2.66	100	26.60
2	0.53	20	5.32	200	53.20
3	0.80	30	7.98	300	79.80
4	1.06	40	10.64	400	106.40
5	1.33	50	13.30	500	133.00
6	1.60	60	15.96	600	159.60
7	1.86	70	18.62	700	186.20
8	2.13	80	21.28	800	212.80
9	2.39	90	23.94	900	239.40
				1000	266.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.47 LB. COOKED MEAT.

FOOD ITEM: PORK, CANNED, USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF #2-12 CANS		NUMBER OF #2-12 CANS		NUMBER OF #2-12 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.14	10	1.36	100	13.60
2	0.27	20	2.72	200	27.20
3	0.41	30	4.08	300	40.80
4	0.54	40	5.44	400	54.40
5	0.68	50	6.80	500	68.00
6	0.82	60	8.16	600	81.60
7	0.95	70	9.52	700	95.20
8	1.09	80	10.88	800	108.80
9	1.22	90	12.24	900	122.40
				1000	136.00

FOOD ITEM: PORK, CHOPS LOIN

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.31	10	3.06	100	30.60
2	0.61	20	6.12	200	61.20
3	0.92	30	9.18	300	91.80
4	1.22	40	12.24	400	122.40
5	1.53	50	15.30	500	153.00
6	1.84	60	18.36	600	183.60
7	2.14	70	21.42	700	214.20
8	2.45	80	24.48	800	244.80
9	2.75	90	27.54	900	275.40
				1000	306.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.41 LB. COOKED LEAN MEAT.

FOOD ITEM: PUMPKIN/SQUASH SEEDS

SERVING SIZE: 1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

1 LB. = ABOUT 2 CUPS.

FOOD ITEM: SALMON, CANNED PINK

SERVING SIZE: 2 OZ.

NUMBER OF 15-1/2 OZ.		NUMBER OF 15-1/2 OZ.		NUMBER OF 15-1/2 OZ.	
NUMBER OF MEALS	15-1/2 OZ. REQUIRED	NUMBER OF MEALS	15-1/2 OZ. REQUIRED	NUMBER OF MEALS	15-1/2 OZ. REQUIRED
1	0.17	10	1.72	100	17.20
2	0.34	20	3.44	200	34.40
3	0.52	30	5.16	300	51.60
4	0.69	40	6.88	400	68.80
5	0.86	50	8.60	500	86.00
6	1.03	60	10.32	600	103.20
7	1.20	70	12.04	700	120.40
8	1.38	80	13.76	800	137.60
9	1.55	90	15.48	900	154.80
				1000	172.00

ADDITIONAL INFORMATION:

1 15 1/2 OZ. CAN = ABOUT 12-3/4 OZ. DRAINED SALMON.

FOOD ITEM: SUNFLOWER SEEDS

SERVING SIZE: 1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

1 LB. = ABOUT 3-1/2 CUPS.

FOOD ITEM: TUNA CHUNK, WATER PACK

SERVING SIZE: 2 OZ.

NUMBER OF 66-1/2 OZ.		NUMBER OF 66-1/2 OZ.		NUMBER OF 66-1/2 OZ.	
NUMBER OF MEALS	66 -1/2 OZ. REQUIRED	NUMBER OF MEALS	66 -1/2 OZ. REQUIRED	NUMBER OF MEALS	66 -1/2 OZ. REQUIRED
1	0.04	10	0.40	100	4.00
2	0.08	20	0.80	200	8.00
3	0.12	30	1.20	300	12.00
4	0.16	40	1.60	400	16.00
5	0.20	50	2.00	500	20.00
6	0.24	60	2.40	600	24.00
7	0.28	70	2.80	700	28.00
8	0.32	80	3.20	800	32.00
9	0.36	90	3.60	900	36.00
				1000	40.00

ADDITIONAL INFORMATION:

ONE 66 1/2 OZ. CAN = 51 OZ. DRAINED TUNA

FOOD ITEM: TUNA, SOLID

SERVING SIZE: 2 OZ.

NUMBER OF 13 OZ. CANS		NUMBER OF 13 OZ. CANS		NUMBER OF 13 OZ. CANS	
NUMBER OF MEALS	13 OZ. CANS REQUIRED	NUMBER OF MEALS	13 OZ. CANS REQUIRED	NUMBER OF MEALS	13 OZ. CANS REQUIRED
1	0.18	10	1.78	100	17.80
2	0.36	20	3.56	200	35.60
3	0.53	30	5.34	300	53.40
4	0.71	40	7.12	400	71.20
5	0.89	50	8.90	500	89.00
6	1.07	60	10.68	600	106.80
7	1.25	70	12.46	700	124.60
8	1.42	80	14.24	800	142.40
9	1.60	90	16.02	900	160.20
				1000	178.00

ADDITIONAL INFORMATION:

ONE 13 OZ. CAN = 11.3 OZ. DRAINED TUNA.

FOOD ITEM: TURKEY, GROUND, FROZEN, USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.19	10	1.87	100	18.70
2	0.37	20	3.74	200	37.40
3	0.56	30	5.61	300	56.10
4	0.75	40	7.48	400	74.80
5	0.94	50	9.35	500	93.50
6	1.12	60	11.21	600	112.10
7	1.31	70	13.08	700	130.80
8	1.50	80	14.95	800	149.50
9	1.68	90	16.82	900	168.50
				1000	187.00

FOOD ITEM: TURKEY HAM

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.18	10	1.80	100	18.00
2	0.36	20	3.60	200	36.00
3	0.54	30	5.40	300	54.00
4	0.72	40	7.20	400	72.00
5	0.90	50	9.00	500	90.00
6	1.08	60	10.80	600	108.00
7	1.26	70	12.60	700	126.00
8	1.44	80	14.40	800	144.00
9	1.62	90	16.20	900	162.00
				1000	180.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.70 LB. COOKED TURKEY.

FOOD ITEM: TURKEY ROASTS, USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.19	10	1.90	100	19.00
2	0.38	20	3.80	200	38.00
3	0.57	30	5.70	300	57.00
4	0.76	40	7.60	400	76.00
5	0.95	50	9.50	500	95.00
6	1.14	60	11.40	600	114.00
7	1.33	70	13.30	700	133.00
8	1.52	80	15.20	800	152.00
9	1.71	90	17.10	900	171.00
				1000	190.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.66 LB. COOKED TURKEY.

FOOD ITEM: TURKEY ROLL, USDA DONATED

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.19	10	1.90	100	19.00
2	0.38	20	3.80	200	38.00
3	0.57	30	5.70	300	57.00
4	0.76	40	7.60	400	76.00
5	0.95	50	9.50	500	95.00
6	1.14	60	11.40	600	114.00
7	1.33	70	13.30	700	133.00
8	1.52	80	15.20	800	152.00
9	1.71	90	17.10	900	171.00
				1000	190.00

ADDITIONAL INFORMATION:

THREE OUNCE SERVING = 2 OZ. COOKED LEAN MEAT. ONE POUND AS PURCHASED = 0.66 LB. COOKED TURKEY.

FOOD ITEM: TURKEY, BREASTS (WHOLE OR HALVES)

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.20	10	1.96	100	19.60
2	0.39	20	3.92	200	39.20
3	0.59	30	5.88	300	58.80
4	0.78	40	7.84	400	78.40
5	0.98	50	9.80	500	98.00
6	1.18	60	11.76	600	117.60
7	1.37	70	13.72	700	137.20
8	1.57	80	15.68	800	156.80
9	1.76	90	17.64	900	176.40
				1000	196.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.64 LB. COOKED TURKEY.

FOOD ITEM: TURKEY, WHOLE (WITHOUT NECK, GIBLETS)

SERVING SIZE: 2 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.24	10	2.36	100	23.60
2	0.47	20	4.72	200	47.20
3	0.71	30	7.08	300	70.80
4	0.94	40	9.44	400	94.40
5	1.18	50	11.80	500	118.00
6	1.42	60	14.16	600	141.60
7	1.65	70	16.52	700	165.20
8	1.89	80	18.88	800	188.80
9	2.12	90	21.24	900	212.40
				1000	236.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.53 LB. TURKEY

FOOD ITEM: WALNUTS, BLACK OR ENGLISH

SERVING SIZE: 1 OZ.

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

ADDITIONAL INFORMATION:

1 LB. BLACK WALNUTS = 3-5/8 CUPS CHOPPED; 1 LB. ENGLISH WALNUTS = 3-3/4 CUP PIECES.

MILK

FOOD ITEM: MILK, FLUID

SERVING SIZE: 1 CUP (8 OZ.)

NUMBER OF GALLONS		NUMBER OF GALLONS		NUMBER OF GALLONS	
NUMBER OF MEALS	GALLONS REQUIRED	NUMBER OF MEALS	GALLONS REQUIRED	NUMBER OF MEALS	GALLONS REQUIRED
1	0.06	10	0.63	100	6.30
2	0.13	20	1.26	200	12.60
3	0.19	30	1.89	300	18.90
4	0.25	40	2.52	400	25.20
5	0.32	50	3.15	500	31.50
6	0.38	60	3.78	600	37.80
7	0.44	70	4.41	700	44.10
8	0.50	80	5.04	800	50.40
9	0.57	90	5.67	900	56.70
				1000	63.00

FOOD ITEM: MILK, FLUID

SERVING SIZE: 1 CUP (8 OZ.)

NUMBER OF 1/2 GALLONS		NUMBER OF 1/2 GALLONS		NUMBER OF 1/2 GALLONS	
NUMBER OF MEALS	1/2 GALLONS REQUIRED	NUMBER OF MEALS	1/2 GALLONS REQUIRED	NUMBER OF MEALS	1/2 GALLONS REQUIRED
1	0.13	10	1.26	100	12.60
2	0.25	20	2.52	200	25.20
3	0.38	30	3.78	300	37.80
4	0.50	40	5.04	400	50.40
5	0.63	50	6.30	500	63.00
6	0.76	60	7.56	600	75.60
7	0.88	70	8.82	700	88.20
8	1.01	80	10.08	800	100.80
9	1.13	90	11.34	900	113.40
				1000	126.00

VEGETABLE

FOOD ITEM: BEANS, GREEN FROZEN CUT

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.09	10	0.87	100	8.70
2	0.17	20	1.74	200	17.40
3	0.26	30	2.61	300	26.10
4	0.35	40	3.48	400	34.80
5	0.44	50	4.35	500	43.50
6	0.52	60	5.22	600	52.20
7	0.61	70	6.09	700	60.90
8	0.70	80	6.96	800	69.60
9	0.78	90	7.83	900	78.30
				1000	87.00

FOOD ITEM: BEANS, GREEN, CANNED CUT

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.23	100	2.30
2	0.05	20	0.46	200	4.60
3	0.07	30	0.69	300	6.90
4	0.09	40	0.92	400	9.20
5	0.12	50	1.15	500	11.50
6	0.14	60	1.38	600	13.80
7	0.16	70	1.61	700	16.10
8	0.18	80	1.84	800	18.40
9	0.21	90	2.07	900	20.70
				1000	23.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 12-7/8 CUPS DRAINED VEGETABLE

FOOD ITEM: BEANS, GREEN, CANNED CUT

SERVING SIZE: 1/4 CUP

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.08	10	0.80	100	8.00
2	0.16	20	1.60	200	16.00
3	0.24	30	2.40	300	24.00
4	0.32	40	3.20	400	32.00
5	0.40	50	4.00	500	40.00
6	0.48	60	4.80	600	48.00
7	0.56	70	5.60	700	56.00
8	0.64	80	6.40	800	64.00
9	0.72	90	7.20	900	72.00
				1000	80.00

ADDITIONAL INFORMATION:

ONE #2-1/2 CAN = 3-1/2 CUPS DRAINED VEGETABLE

FOOD ITEM: BEANS, LIMA BABY FROZEN

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.09	10	0.92	100	9.20
2	0.18	20	1.84	200	18.40
3	0.28	30	2.76	300	27.60
4	0.37	40	3.68	400	36.80
5	0.46	50	4.60	500	46.00
6	0.55	60	5.52	600	55.20
7	0.64	70	6.44	700	64.40
8	0.74	80	7.36	800	73.60
9	0.83	90	8.28	900	82.80
				1000	92.00

FOOD ITEM: BROCCOLI, FRESH
SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	1.03	100	10.30
2	0.21	20	2.06	200	20.60
3	0.31	30	3.09	300	30.90
4	0.41	40	4.12	400	41.20
5	0.52	50	5.15	500	51.50
6	0.62	60	6.18	600	61.80
7	0.72	70	7.21	700	72.10
8	0.82	80	8.24	800	82.40
9	0.93	90	9.27	900	92.70
				1000	103.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.81 LB. READY-TO-COOK

FOOD ITEM: BROCCOLI, FROZEN SPEARS, CUT, CHOPPED
SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	1.04	100	10.40
2	0.21	20	2.08	200	20.80
3	0.31	30	3.12	300	31.20
4	0.42	40	4.16	400	41.60
5	0.52	50	5.20	500	52.00
6	0.62	60	6.24	600	62.40
7	0.73	70	7.28	700	72.80
8	0.83	80	8.32	800	83.20
9	0.94	90	9.36	900	93.60
				1000	104.00

FOOD ITEM: CABBAGE, CHOPPED WITH DRESSING

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.09	10	0.90	100	9.00
2	0.18	20	1.80	200	18.00
3	0.27	30	2.70	300	27.00
4	0.36	40	3.60	400	36.00
5	0.45	50	4.50	500	45.00
6	0.54	60	5.40	600	54.00
7	0.63	70	6.30	700	63.00
8	0.72	80	7.20	800	72.00
9	0.81	90	8.10	900	81.00
				1000	90.00

FOOD ITEM: CABBAGE, RAW, CHOPPED

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.06	10	0.57	100	5.70
2	0.11	20	1.14	200	11.40
3	0.17	30	1.71	300	17.10
4	0.23	40	2.28	400	22.80
5	0.29	50	2.85	500	28.50
6	0.34	60	3.42	600	34.20
7	0.40	70	3.99	700	39.90
8	0.46	80	4.56	800	45.60
9	0.51	90	5.13	900	51.30
				1000	57.00

ADDITIONAL INFORMATION:

ONE POUND = .87 LB. READY TO COOK OR SERVE RAW

FOOD ITEM: CABBAGE, SHREDDED

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.04	10	0.38	100	3.80
2	0.08	20	0.76	200	7.60
3	0.11	30	1.14	300	11.40
4	0.15	40	1.52	400	15.20
5	0.19	50	1.90	500	19.00
6	0.23	60	2.28	600	22.80
7	0.27	70	2.66	700	26.60
8	0.30	80	3.04	800	30.40
9	0.34	90	3.42	900	34.20
				1000	38.00

ADDITIONAL INFORMATION:

WHOLE HEADS, UNCLEANED WITH CORE

FOOD ITEM: CABBAGE, SHREDDED (PRE-CUT, CLEANED)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.03	10	0.33	100	3.30
2	0.07	20	0.66	200	6.60
3	0.10	30	0.99	300	9.90
4	0.13	40	1.32	400	13.20
5	0.17	50	1.65	500	16.50
6	0.20	60	1.98	600	19.80
7	0.23	70	2.31	700	23.10
8	0.26	80	2.64	800	26.40
9	0.30	90	2.97	900	29.70
				1000	33.00

FOOD ITEM: CARROTS, CANNED DICED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.06	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

FOOD ITEM: CARROTS, CANNED SLICED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.22	100	2.20
2	0.04	20	0.44	200	4.40
3	0.07	30	0.66	300	6.60
4	0.09	40	0.88	400	8.80
5	0.11	50	1.10	500	11.00
6	0.13	60	1.32	600	13.20
7	0.15	70	1.54	700	15.40
8	0.18	80	1.76	800	17.60
9	0.20	90	1.98	900	19.80
				1000	22.00

FOOD ITEM: CARROTS, SHREDDED

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.07	10	0.70	100	7.00
2	0.14	20	1.40	200	14.00
3	0.21	30	2.10	300	21.00
4	0.28	40	2.80	400	28.00
5	0.35	50	3.50	500	35.00
6	0.42	60	4.20	600	42.00
7	0.49	70	4.90	700	49.00
8	0.56	80	5.60	800	56.00
9	0.63	90	6.30	900	63.00
				1000	70.00

FOOD ITEM: CARROTS, STICKS

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	0.97	100	9.70
2	0.19	20	1.94	200	19.40
3	0.29	30	2.91	300	29.10
4	0.39	40	3.88	400	38.80
5	0.49	50	4.85	500	48.50
6	0.58	60	5.82	600	58.20
7	0.68	70	6.79	700	67.90
8	0.78	80	7.76	800	77.60
9	0.87	90	8.73	900	87.30
				1000	97.00

ADDITIONAL INFORMATION:

1/4 CUP = 6 STICKS 4 IN. X 1/2 IN. ONE POUND AS PURCHASED = 0.70 LB

READY-TO-COOK OR SERVE RAW

FOOD ITEM: CARROTS, STICKS (PRE-CUT, CLEANED)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.07	10	0.68	100	6.80
2	0.14	20	1.36	200	13.60
3	0.20	30	2.04	300	20.40
4	0.27	40	2.72	400	27.20
5	0.34	50	3.40	500	34.00
6	0.41	60	4.08	600	40.80
7	0.48	70	4.76	700	47.60
8	0.54	80	5.44	800	54.40
9	0.61	90	6.12	900	61.20
				1000	68.00

FOOD ITEM: CAULIFLOWER, FRESH FLORETS

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.08	10	0.81	100	8.10
2	0.16	20	1.62	200	16.20
3	0.24	30	2.43	300	24.30
4	0.32	40	3.24	400	32.40
5	0.41	50	4.05	500	40.50
6	0.49	60	4.86	600	48.60
7	0.57	70	5.67	700	56.70
8	0.65	80	6.48	800	64.80
9	0.73	90	7.29	900	72.90
				1000	81.00

ADDITIONAL INFORMATION:

ONE MEDIUM HEAD = ABOUT 6 CUPS FLORETS

FOOD ITEM: CAULIFLOWER, FROZEN

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.11	10	1.09	100	10.90
2	0.22	20	2.18	200	21.80
3	0.33	30	3.27	300	32.70
4	0.44	40	4.36	400	43.60
5	0.55	50	5.45	500	54.50
6	0.65	60	6.54	600	65.40
7	0.76	70	7.63	700	76.30
8	0.87	80	8.72	800	87.20
9	0.98	90	9.81	900	98.10
				1000	109.00

FOOD ITEM: CELERY, STICKS

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.08	10	0.82	100	8.20
2	0.16	20	1.64	200	16.40
3	0.25	30	2.46	300	24.60
4	0.33	40	3.28	400	32.80
5	0.41	50	4.10	500	41.00
6	0.49	60	4.92	600	49.20
7	0.57	70	5.74	700	57.40
8	0.66	80	6.56	800	65.60
9	0.74	90	7.38	900	73.80
				1000	82.00

ADDITIONAL INFORMATION:

1/4 CUP = 4 STICKS 3 IN. X 3/4 IN

FOOD ITEM: CELERY, STICKS (PRE-CUT, CLEANED)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.07	10	0.68	100	6.80
2	0.14	20	1.36	200	13.60
3	0.20	30	2.04	300	20.40
4	0.27	40	2.72	400	27.20
5	0.34	50	3.40	500	34.00
6	0.41	60	4.08	600	40.80
7	0.48	70	4.76	700	47.60
8	0.54	80	5.44	800	54.40
9	0.61	90	6.12	900	61.20
				1000	68.00

FOOD ITEM: CORN, CANNED CREAM STYLE

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.24	100	2.40
2	0.05	20	0.48	200	4.80
3	0.07	30	0.72	300	7.20
4	0.10	40	0.96	400	9.60
5	0.12	50	1.20	500	12.00
6	0.14	60	1.44	600	14.40
7	0.17	70	1.68	700	16.80
8	0.19	80	1.92	800	19.20
9	0.22	90	2.16	900	21.60
				1000	24.00

FOOD ITEM: CORN, FROZEN WHOLE KERNEL

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.09	10	0.91	100	9.10
2	0.18	20	1.82	200	18.20
3	0.27	30	2.73	300	27.30
4	0.36	40	3.64	400	36.40
5	0.46	50	4.55	500	45.50
6	0.55	60	5.46	600	54.60
7	0.64	70	6.37	700	63.70
8	0.73	80	7.28	800	72.80
9	0.82	90	8.19	900	81.90
				1000	91.00

FOOD ITEM: CORN, WHOLE KERNEL LIQUID PACK

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.22	100	2.20
2	0.04	20	0.44	200	4.40
3	0.07	30	0.66	300	6.60
4	0.09	40	0.88	400	8.80
5	0.11	50	1.10	500	11.00
6	0.13	60	1.32	600	13.20
7	0.15	70	1.54	700	15.40
8	0.18	80	1.76	800	17.60
9	0.20	90	1.98	900	19.80
				1000	22.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 11-1/2 CUPS DRAINED VEGETABLE

FOOD ITEM: CORN, WHOLE KERNEL VACUUM PACK

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.24	100	2.40
2	0.05	20	0.48	200	4.80
3	0.07	30	0.72	300	7.20
4	0.10	40	0.96	400	9.60
5	0.12	50	1.20	500	12.00
6	0.14	60	1.44	600	14.40
7	0.17	70	1.68	700	16.80
8	0.19	80	1.92	800	19.20
9	0.22	90	2.16	900	21.60
				1000	24.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 10-1/2 CUPS VEGETABLE

FOOD ITEM: CUCUMBERS, SLICED

SERVING SIZE: 1/4 CUP PARED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	0.96	100	9.60
2	0.19	20	1.92	200	19.20
3	0.29	30	2.88	300	28.80
4	0.38	40	3.84	400	38.40
5	0.48	50	4.80	500	48.00
6	0.58	60	5.76	600	57.60
7	0.67	70	6.72	700	67.20
8	0.77	80	7.68	800	76.80
9	0.86	90	8.64	900	86.40
				1000	96.00

FOOD ITEM: GREEN CHILES, CHOPPED OR DICED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.03	10	0.25	100	2.50
2	0.05	20	0.50	200	5.00
3	0.08	30	0.75	300	7.50
4	0.10	40	1.00	400	10.00
5	0.13	50	1.25	500	12.50
6	0.15	60	1.50	600	15.00
7	0.18	70	1.75	700	17.50
8	0.20	80	2.00	800	20.00
9	0.23	90	2.25	900	22.50
				1000	25.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 9 3/4 CUPS DRAINED VEGETABLE

FOOD ITEM: GREEN CHILES, CHOPPED OR DICED

SERVING SIZE: 1/4 CUP

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2 1/2 CANS REQUIRED	NUMBER OF MEALS	#2 1/2 CANS REQUIRED	NUMBER OF MEALS	#2 1/2 CANS REQUIRED
1	0.09	10	0.90	100	9.00
2	0.18	20	1.80	200	18.00
3	0.27	30	2.70	300	27.00
4	0.36	40	3.60	400	36.00
5	0.45	50	4.50	500	45.00
6	0.54	60	5.40	600	54.00
7	0.63	70	6.30	700	63.00
8	0.72	80	7.20	800	72.00
9	0.81	90	8.10	900	81.00
				1000	90.00

ADDITIONAL INFORMATION:

ONE #2-1/2 CAN = 2-3/4 CUPS DRAINED VEGETABLE

FOOD ITEM: LETTUCE, HEAD PIECES

SERVING SIZE: 1/4 CUP PIECES

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.05	10	0.48	100	4.80
2	0.10	20	0.96	200	9.60
3	0.14	30	1.44	300	14.40
4	0.19	40	1.92	400	19.20
5	0.24	50	2.40	500	24.00
6	0.29	60	2.88	600	28.80
7	0.34	70	3.36	700	33.60
8	0.38	80	3.84	800	38.40
9	0.43	90	4.32	900	43.20
				1000	48.00

FOOD ITEM: LETTUCE, HEAD SALAD (PRE-CUT, CLEANED)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.04	10	0.36	100	3.60
2	0.07	20	0.72	200	7.20
3	0.11	30	1.08	300	10.80
4	0.14	40	1.44	400	14.40
5	0.18	50	1.80	500	18.00
6	0.22	60	2.16	600	21.60
7	0.25	70	2.52	700	25.20
8	0.29	80	2.88	800	28.80
9	0.32	90	3.24	900	32.40
				1000	36.00

FOOD ITEM: LETTUCE, HEAD SHREDDED

SERVING SIZE: 1/4 CUP SHREDDED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.05	10	0.45	100	4.50
2	0.09	20	0.90	200	9.00
3	0.14	30	1.35	300	13.50
4	0.18	40	1.80	400	18.00
5	0.23	50	2.25	500	22.50
6	0.27	60	2.70	600	27.00
7	0.32	70	3.15	700	31.50
8	0.36	80	3.60	800	36.00
9	0.41	90	4.05	900	40.50
				1000	45.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.76 LB. READY-TO-SERVE

FOOD ITEM: LETTUCE, HEAD SHREDDED (PRE-CUT, CLEANED)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.03	10	0.34	100	3.40
2	0.07	20	0.68	200	6.80
3	0.10	30	1.02	300	10.20
4	0.14	40	1.36	400	13.60
5	0.17	50	1.70	500	17.00
6	0.20	60	2.04	600	20.40
7	0.24	70	2.38	700	23.80
8	0.27	80	2.72	800	27.20
9	0.31	90	3.06	900	30.60
				1000	34.00

FOOD ITEM: PEAS AND CARROTS, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.03	10	0.25	100	2.50
2	0.05	20	0.50	200	5.00
3	0.08	30	0.75	300	7.50
4	0.10	40	1.00	400	10.00
5	0.13	50	1.25	500	12.50
6	0.15	60	1.50	600	15.00
7	0.18	70	1.75	700	17.50
8	0.20	80	2.00	800	20.00
9	0.23	90	2.25	900	22.50
				1000	25.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 11 1/2 CUPS DRAINED VEGETABLE

FOOD ITEM: PEAS, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.23	100	2.30
2	0.05	20	0.46	200	4.60
3	0.07	30	0.69	300	6.90
4	0.09	40	0.92	400	9.20
5	0.12	50	1.15	500	11.50
6	0.14	60	1.38	600	13.80
7	0.16	70	1.61	700	16.10
8	0.18	80	1.84	800	18.40
9	0.21	90	2.07	900	20.70
				1000	23.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 11-1/2 CUPS DRAINED VEGETABLE

FOOD ITEM: PEAS, FROZEN

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	0.99	100	9.90
2	0.20	20	1.98	200	19.80
3	0.30	30	2.97	300	29.70
4	0.40	40	3.96	400	39.60
5	0.50	50	4.95	500	49.50
6	0.59	60	5.94	600	59.40
7	0.69	70	6.93	700	69.30
8	0.79	80	7.92	800	79.20
9	0.89	90	8.91	900	89.10
				1000	99.00

FOOD ITEM: PEA/BEAN SOUP, CANNED

SERVING SIZE: 1/2 CUP RECONSTITUTED

NUMBER OF #3 CANS		NUMBER OF #3 CANS		NUMBER OF #3 CANS	
NUMBER OF MEALS	#3 CANS REQUIRED	NUMBER OF MEALS	#3 CANS REQUIRED	NUMBER OF MEALS	#3 CANS REQUIRED
1	0.04	10	0.44	100	4.40
2	0.09	20	0.88	200	8.80
3	0.13	30	1.32	300	13.20
4	0.18	40	1.76	400	17.60
5	0.22	50	2.20	500	22.00
6	0.26	60	2.64	600	26.40
7	0.31	70	3.08	700	30.80
8	0.35	80	3.52	800	35.20
9	0.40	90	3.96	900	39.60
				1000	44.00

ADDITIONAL INFORMATION:

SOUP MUST BE RECONSTITUTED 1 CAN WATER TO 1 CAN SOUP. 1/2 CUP RECONSTITUTED =1/4 CUP VEGETABLE OR 1 OZ. MEAT.

FOOD ITEM: PICKLES, SLICED (CROSSWISE)

SERVING SIZE: 1/8 CUP

NUMBER OF GALLONS		NUMBER OF GALLONS		NUMBER OF GALLONS	
NUMBER OF MEALS	GALLONS REQUIRED	NUMBER OF MEALS	GALLONS REQUIRED	NUMBER OF MEALS	GALLONS REQUIRED
1	0.01	10	0.08	100	0.80
2	0.02	20	0.16	200	1.60
3	0.02	30	0.24	300	2.40
4	0.03	40	0.32	400	3.20
5	0.04	50	0.40	500	4.00
6	0.05	60	0.48	600	4.80
7	0.06	70	0.56	700	5.60
8	0.06	80	0.64	800	6.40
9	0.07	90	0.72	900	7.20
				1000	8.00

FOOD ITEM: PICKLES, WHOLE

SERVING SIZE: 1/4 CUP

NUMBER OF GALLONS		NUMBER OF GALLONS		NUMBER OF GALLONS	
NUMBER OF MEALS	GALLONS REQUIRED	NUMBER OF MEALS	GALLONS REQUIRED	NUMBER OF MEALS	GALLONS REQUIRED
1	0.02	10	0.19	100	1.90
2	0.04	20	0.38	200	3.80
3	0.06	30	0.57	300	5.70
4	0.08	40	0.76	400	7.60
5	0.10	50	0.95	500	9.50
6	0.11	60	1.14	600	11.40
7	0.13	70	1.33	700	13.30
8	0.15	80	1.52	800	15.20
9	0.17	90	1.71	900	17.10
				1000	19.00

ADDITIONAL INFORMATION:

1/4 CUP WHOLE = 3 3/4 SMALL GHERKINS, 1 1/4 LARGE GHERKINS, 1 SMALL PICKLE, 1/2 MEDIUM PICKLE, 1/3 LARGE PICKLE, 1/4 EXTRA LARGE PICKLE.

FOOD ITEM: POTATO ROUNDS, FROZEN

SERVING SIZE: 1/4 CUP (ABOUT 4 1/2 PIECES)

NUMBER OF 5 LB. BAGS		NUMBER OF 5 LB. BAGS		NUMBER OF 5 LB. BAGS	
NUMBER OF MEALS	5 LB. BAGS REQUIRED	NUMBER OF MEALS	5 LB. BAGS REQUIRED	NUMBER OF MEALS	5 LB. BAGS REQUIRED
1	0.02	10	0.16	100	1.60
2	0.03	20	0.32	200	3.20
3	0.05	30	0.48	300	4.80
4	0.06	40	0.64	400	6.40
5	0.08	50	0.80	500	8.00
6	0.10	60	0.96	600	9.60
7	0.11	70	1.12	700	11.20
8	0.13	80	1.28	800	12.80
9	0.14	90	1.44	900	14.40
				1000	16.00

FOOD ITEM: POTATO ROUNDS, FROZEN

SERVING SIZE: 1/4 CUP (ABOUT 4 1/2 PIECES)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.08	10	0.79	100	7.90
2	0.16	20	1.58	200	15.80
3	0.24	30	2.37	300	23.70
4	0.32	40	3.16	400	31.60
5	0.40	50	3.95	500	39.50
6	0.47	60	4.74	600	47.40
7	55.00	70	5.53	700	55.30
8	0.63	80	6.32	800	63.20
9	0.71	90	7.11	900	71.10
				1000	79.00

ADDITIONAL INFORMATION:

1/4 CUP = ABOUT 4 PIECES. POTATO ROUNDS ARE ALSO KNOWN AS TATER TOTS.

FOOD ITEM: POTATOES FRENCH FRIES, FROZEN

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	0.99	100	9.90
2	0.20	20	1.98	200	19.80
3	0.30	30	2.97	300	29.70
4	0.40	40	3.96	400	39.60
5	0.50	50	4.95	500	49.50
6	0.59	60	5.94	600	59.40
7	0.69	70	6.93	700	69.30
8	0.79	80	7.92	800	79.20
9	0.89	90	8.91	900	89.10
				1000	99.00

ADDITIONAL INFORMATION:

1/4 CUP = ABOUT 5 PIECES 3 IN. LONG, CRINKLE CUT.

FOOD ITEM: POTATOES FRENCH FRIES, FROZEN

SERVING SIZE: 1/4 CUP

NUMBER OF 5 LB. PKG.		NUMBER OF 5 LB. PKG.		NUMBER OF 5 LB. PKG.	
NUMBER OF MEALS	5 LB. PKG. REQUIRED	NUMBER OF MEALS	5 LB. PKG. REQUIRED	NUMBER OF MEALS	5 LB. PKG. REQUIRED
1	0.15	10	1.50	100	15.00
2	0.30	20	3.00	200	30.00
3	0.45	30	4.50	300	45.00
4	0.60	40	6.00	400	60.00
5	0.75	50	7.50	500	75.00
6	0.90	60	9.00	600	90.00
7	1.05	70	10.50	700	105.00
8	1.20	80	12.00	800	120.00
9	1.35	90	13.50	900	135.00
				1000	150.00

ADDITIONAL INFORMATION:

1/4 CUP = 5-1/2 PIECES 3 IN. LONG, CRINKLE CUT.

FOOD ITEM: POTATOES, DEHYDRATED FLAKES OR GRANULES

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.02	10	0.20	100	2.00
2	0.04	20	0.40	200	4.00
3	0.06	30	0.60	300	6.00
4	0.08	40	0.80	400	8.00
5	0.10	50	1.00	500	10.00
6	0.12	60	1.20	600	12.00
7	0.14	70	1.40	700	14.00
8	0.16	80	1.60	800	16.00
9	0.18	90	1.80	900	18.00
				1000	20.00

ADDITIONAL INFORMATION:

ONE POUND DRY = ABOUT 2 1/4 CUPS.

FOOD ITEM: POTATOES, FRESH

SERVING SIZE: 1/4 CUP COOKED, DICED

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.11	10	1.13	100	11.30
2	0.23	20	2.26	200	22.60
3	0.34	30	3.39	300	33.90
4	0.45	40	4.52	400	45.20
5	0.57	50	5.65	500	56.50
6	0.68	60	6.78	600	67.80
7	0.79	70	7.91	700	79.10
8	0.90	80	9.04	800	90.40
9	1.02	90	10.17	900	101.70
				1000	113.00

FOOD ITEM: SOUPS, CONDENSED CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #3 CANS		NUMBER OF #3 CANS		NUMBER OF #3 CANS	
NUMBER OF MEALS	#3 CANS REQUIRED	NUMBER OF MEALS	#3 CANS REQUIRED	NUMBER OF MEALS	#3 CANS REQUIRED
1	0.09	10	0.87	100	8.70
2	0.17	20	1.74	200	17.40
3	0.26	30	2.61	300	26.10
4	0.35	40	3.48	400	34.80
5	0.44	50	4.35	500	43.50
6	0.52	60	5.22	600	52.20
7	0.61	70	6.09	700	60.90
8	0.70	80	6.96	800	69.60
9	0.78	90	7.83	900	78.30
				1000	87.00

ADDITIONAL INFORMATION:

SOUP IS RECONSTITUTED ONE CAN WATER TO ONE CAN SOUP.

FOOD ITEM: SPINACH, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.04	10	0.40	100	4.00
2	0.08	20	0.80	200	8.00
3	0.12	30	1.20	300	12.00
4	0.16	40	1.60	400	16.00
5	0.20	50	2.00	500	20.00
6	0.24	60	2.40	600	24.00
7	0.28	70	2.80	700	28.00
8	0.32	80	3.20	800	32.00
9	0.36	90	3.60	900	36.00
				1000	40.00

FOOD ITEM: SPINACH, FRESH

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.03	10	0.33	100	3.30
2	0.07	20	0.66	200	6.60
3	0.10	30	0.99	300	9.90
4	0.13	40	1.32	400	13.20
5	0.17	50	1.65	500	16.50
6	0.20	60	1.98	600	19.80
7	0.23	70	2.31	700	23.10
8	0.26	80	2.64	800	26.40
9	0.30	90	2.97	900	29.70
				1000	33.00

FOOD ITEM: SUCCOTASH, FROZEN

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.11	10	1.06	100	10.60
2	0.21	20	2.12	200	21.20
3	0.32	30	3.18	300	31.80
4	0.42	40	4.24	400	42.40
5	0.53	50	5.30	500	53.00
6	0.64	60	6.36	600	63.60
7	0.74	70	7.42	700	74.20
8	0.85	80	8.48	800	84.80
9	0.95	90	9.54	900	95.40
				1000	106.00

FOOD ITEM: SWEET POTATOES, CANNED SYRUP PACK

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.22	100	2.20
2	0.04	20	0.44	200	4.40
3	0.07	30	0.66	300	6.60
4	0.09	40	0.88	400	8.80
5	0.11	50	1.10	500	11.00
6	0.13	60	1.32	600	13.20
7	0.15	70	1.54	700	15.40
8	0.18	80	1.76	800	17.60
9	0.20	90	1.98	900	19.80
				1000	22.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 12 1/2 CUP DRAINED VEGETABLE.

FOOD ITEM: TOMATO PASTE

SERVING SIZE: 1/4 CUP (1 TABLESPOON PASTE)

NUMBER OF 12 OZ. CANS		NUMBER OF 12 OZ. CANS		NUMBER OF 12 OZ. CANS	
NUMBER OF MEALS	12 OZ. CANS REQUIRED	NUMBER OF MEALS	12 OZ. CANS REQUIRED	NUMBER OF MEALS	12 OZ. CANS REQUIRED
1	0.05	10	0.49	100	4.90
2	0.10	20	0.98	200	9.80
3	0.15	30	1.47	300	14.70
4	0.20	40	1.96	400	19.60
5	0.25	50	2.45	500	24.50
6	0.29	60	2.94	600	29.40
7	0.34	70	3.43	700	34.30
8	0.39	80	3.92	800	39.20
9	0.44	90	4.41	900	44.10
				1000	49.00

ADDITIONAL INFORMATION:

ONE 12 OZ. CAN = ABOUT 1 1/4 CUP PASTE.

FOOD ITEM: TOMATO PASTE

SERVING SIZE: 1/4 CUP (1 TABLESPOON PASTE)

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.01	10	0.06	100	0.60
2	0.01	20	0.12	200	1.20
3	0.02	30	0.18	300	1.80
4	0.02	40	0.24	400	2.40
5	0.03	50	0.30	500	3.00
6	0.04	60	0.36	600	3.60
7	0.04	70	0.42	700	4.20
8	0.05	80	0.48	800	4.80
9	0.05	90	0.54	900	5.40
				1000	6.00

ADDITIONAL INFORMATION:

ONE #10 CAN = 12 CUPS PASTE

FOOD ITEM: TOMATO SAUCE, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.20	100	2.00
2	0.04	20	0.40	200	4.00
3	0.06	30	0.60	300	6.00
4	0.08	40	0.80	400	8.00
5	0.10	50	1.00	500	10.00
6	0.12	60	1.20	600	12.00
7	0.14	70	1.40	700	14.00
8	0.16	80	1.60	800	16.00
9	0.18	90	1.80	900	18.00
				1000	20.00

FOOD ITEM: TOMATOES, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.02	10	0.21	100	2.10
2	0.04	20	0.42	200	4.20
3	0.03	30	0.63	300	6.30
4	0.08	40	0.84	400	8.40
5	0.11	50	1.05	500	10.50
6	0.13	60	1.26	600	12.60
7	0.15	70	1.47	700	14.70
8	0.17	80	1.68	800	16.80
9	0.19	90	1.89	900	18.90
				1000	21.00

ADDITIONAL INFORMATION:

APPLIES TO ALL FORMS OF CANNED TOMATOES-WHOLE, DICED, STEWED, ETC.

FOOD ITEM: TOMATOES, CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS		NUMBER OF #2-1/2 CANS	
NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED	NUMBER OF MEALS	#2-1/2 CANS REQUIRED
1	0.08	10	0.75	100	7.50
2	0.15	20	1.50	200	15.00
3	0.23	30	2.25	300	22.50
4	0.30	40	3.00	400	30.00
5	0.38	50	3.75	500	37.50
6	0.45	60	4.50	600	45.00
7	0.53	70	5.25	700	52.50
8	0.60	80	6.00	800	60.00
9	0.68	90	6.75	900	67.50
				1000	75.00

ADDITIONAL INFORMATION:

APPLIES TO ALL FORMS OF CANNED TOMATOES-WHOLE, DICED, STEWED, ETC.

FOOD ITEM: TOMATOES, FRESH (CUT-UP)

SERVING SIZE: 1/4 CUP (1/4 TOMATO)

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.11	10	1.12	100	11.20
2	0.22	20	2.24	200	22.40
3	0.34	30	3.36	300	33.60
4	0.45	40	4.48	400	44.80
5	0.56	50	5.60	500	56.00
6	0.67	60	6.72	600	67.20
7	0.78	70	7.84	700	78.40
8	0.90	80	8.96	800	89.60
9	1.01	90	10.08	900	100.80
				1000	112.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.99 LB. READY-TO-SERVE RAW.

FOOD ITEM: TOMATOES, FRESH (SLICED)

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.10	10	1.02	100	10.20
2	0.20	20	2.04	200	20.40
3	0.31	30	3.06	300	30.60
4	0.41	40	4.08	400	40.80
5	0.51	50	5.10	500	51.00
6	0.61	60	6.12	600	61.20
7	0.71	70	7.14	700	71.40
8	0.82	80	8.16	800	81.60
9	0.92	90	9.18	900	91.80
				1000	102.00

FOOD ITEM: VEGETABLES, MIXED CANNED

SERVING SIZE: 1/4 CUP

NUMBER OF #10 CANS		NUMBER OF #10 CANS		NUMBER OF #10 CANS	
NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED	NUMBER OF MEALS	#10 CANS REQUIRED
1	0.03	10	0.25	100	2.50
2	0.05	20	0.50	200	5.00
3	0.08	30	0.75	300	7.50
4	0.10	40	1.00	400	10.00
5	0.13	50	1.25	500	12.50
6	0.15	60	1.50	600	15.00
7	0.18	70	1.75	700	17.50
8	0.20	80	2.00	800	20.00
9	0.23	90	2.25	900	22.50
				1000	25.00

FOOD ITEM: VEGETABLES, MIXED FROZEN

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.12	10	1.23	100	12.30
2	0.25	20	2.46	200	24.60
3	0.37	30	3.69	300	36.90
4	0.49	40	4.92	400	49.20
5	0.62	50	6.15	500	61.50
6	0.74	60	7.38	600	73.80
7	0.86	70	8.61	700	86.10
8	0.98	80	9.84	800	98.40
9	1.11	90	11.07	900	110.70
				1000	123.00

FOOD ITEM: ZUCCHINI, FRESH STICKS

SERVING SIZE: 1/4 CUP

NUMBER OF POUNDS		NUMBER OF POUNDS		NUMBER OF POUNDS	
NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED	NUMBER OF MEALS	POUNDS REQUIRED
1	0.07	10	0.70	100	7.00
2	0.14	20	1.40	200	14.00
3	0.21	30	2.10	300	21.00
4	0.28	40	2.80	400	28.00
5	0.35	50	3.50	500	35.00
6	0.42	60	4.20	600	42.00
7	0.49	70	4.90	700	49.00
8	0.56	80	5.60	800	56.00
9	0.63	90	6.30	900	63.00
				1000	70.00

ADDITIONAL INFORMATION:

ONE POUND AS PURCHASED = 0.94 LB. READY-TO-COOK.

INDEX

ALMONDS.......Meat 1
APPLE SLICES, CANNED USDA DONATED.......Fruit 1
APPLE SLICES, CANNED USDA DONATED.......Fruit 1
APPLES, CANNED.......Fruit 2
APPLES, FRESH.......Fruit 2
APPLESAUCE, CANNED, SMOOTH OR CHUNKY (#10 CAN).......Fruit 3
APPLESAUCE, CANNED, SMOOTH OR CHUNKY (#303 CAN).......Fruit 3
APRICOTS, HALVES UNPEELED.......Fruit 4
BANANAS.......Fruit 4
BEANS, CANNED (BAKED OR IN SAUCE - REFRIED BEANS INCLUDED).......Meat 1
BEANS, GREEN FROZEN CUT.......Vegt 1
BEANS, GREEN, CANNED CUT (#10 CAN).......Vegt 1
BEANS, GREEN, CANNED CUT (#2 1/2 CAN).......Vegt 2
BEANS, LIMA BABY FROZEN.......Vegt 2
BEANS, PINTO, CANNED (1/2 CUP).......Meat 2
BEANS, PINTO, CANNED (1/4 CUP).......Meat 2
BEANS, PINTO, DRY (1/2 CUP).......Meat 3
BEANS, PINTO, DRY (1/4 CUP).......Meat 3
BEANS, VEGETARIAN, CANNED.......Meat 4
BEEF, CANNED STEW.......Meat 4
BEEF, CANNED USDA DONATED.......Meat 5
BEEF, CANNED W/BAR B Q SAUCE.......Meat 5
BEEF, CHUCK ROAST.......Meat 6
BEEF, GROUND PATTIES, USDA DONATED (NO MORE THAN 24% FAT).......Meat 6
BEEF, GROUND - MARKET STYLE (NO MORE THAN 30% FAT).......Meat 7
BEEF, GROUND, USDA DONATED (NO MORE THAN 24% FAT).......Meat 7
BEEF, STEW MEAT.......Meat 8
BLUEBERRIES, FROZEN USDA DONATED.......Fruit 5
BOLOGNA, OTHER LUNCHEON MEATS INCLUDING PEPPERONI.......Meat 8
BREAD STICKS.......Bread 1
BREAD, WHITE, WHOLE WHEAT, RYE, RAISIN, ETC.......Bread 1
BROCCOLI, FRESH.......Vegt 3

BROCCOLI, FROZEN SPEARS, CUT, CHOPPED .... Vegt 3
CABBAGE, CHOPPED WITH DRESSING .... Vegt 4
CABBAGE, RAW, CHOPPED .... Vegt 4
CABBAGE, SHREDDED .... Vegt 5
CABBAGE, SHREDDED (PRE-CUT, CLEANED) .... Vegt 5
CANTALOUPE, FRESH (CUBES) .... Fruit 5
CARROTS, CANNED DICED .... Vegt 6
CARROTS, CANNED SLICED .... Vegt 6
CARROTS, SHREDDED .... Vegt 7
CARROTS, STICKS .... Vegt 7
CARROTS, STICKS (PRE-CUT, CLEANED) .... Vegt 8
CAULIFLOWER, FRESH FLORETS .... Vegt 8
CAULIFLOWER, FROZEN .... Vegt 9
CELERY, STICKS .... Vegt 9
CELERY, STICKS (PRE-CUT, CLEANED) .... Vegt 10
CHEESE AMERICAN, CHEDDAR, MOZZARELLA (REGULAR & LITE), SWISS, PARMESAN OR ROMANO (1 OZ). .... Meat 9
CHEESE AMERICAN, CHEDDAR, MOZZARELLA (REGULAR & LITE), SWISS, PARMESAN OR ROMANO (2 OZ). .... Meat 9
CHERRIES, FROZEN USDA DONATED .... Fruit 6
CHICKEN WINGS .... Meat 10
CHICKEN, CANNED BONED USDA DONATED .... Meat 10
CHICKEN, COOKED, DICED USDA DONATED .... Meat 11
CHICKEN, DRUMSTICKS .... Meat 11
CHICKEN, THIGH WITH BACKS, USDA DONATED .... Meat 12
CHICKEN, THIGHS .... Meat 12
CHICKEN, USDA FRYERS (8 PIECE CUT) FRESH OR PRECOOKED BREADED .... Meat 13
CHICKEN, WHOLE (UNCUT) NO NECK MEAT OR GIBLETS .... Meat 13
CORN, CANNED CREAM STYLE .... Vegt 10
CORN, FROZEN WHOLE KERNEL .... Vegt 11
CORN, WHOLE KERNEL LIQUID PACK .... Vegt 11
CORN, WHOLE KERNEL VACUUM PACK .... Vegt 12
COTTAGE CHEESE (ABOUT 1/4 CUP) .... Meat 14

CRACKERS, SALTINE	Bread	2
CRANBERRY, SAUCE, STRAINED OR WHOLE (#10 CAN)	Fruit	6
CRANBERRY, SAUCE, STRAINED OR WHOLE (#303 CAN)	Fruit	7
CUCUMBERS, SLICED	Vegt	12
DATE PIECE USDA DONATED	Fruit	7
FIG NUGGETS USDA DONATED	Fruit	8
EGG MIX, DRIED USDA DONATED	Meat	14
EGGS, FRESH SHELL	Meat	15
EGG, WHOLE, FROZEN USDA DONATED	Meat	15
FARINA, QUICK (CREAM OF WHEAT/MALTOMEAL)	Bread	2
FISH PORTIONS, FRIED BATTERED	Meat	16
FISH PORTION, FRIED BREADED	Meat	16
FISH PORTION, UNBREADED	Meat	17
FISH STICKS, BREADED	Meat	17
FRUIT COCKTAIL, MIXED FRUIT (#2 1/2 CAN)	Fruit	8
FRUIT COCKTAIL, MIXED FRUIT (#10 CAN)	Fruit	9
FRUIT JUICE, FROZEN (12 OZ. CAN)	Fruit	9
FRUIT JUICE, FROZEN (32 OZ. CAN)	Fruit	10
FRUITS, FOR SALAD	Fruit	10
GRAPES, SEEDLESS FRESH	Fruit	11
GREEN CHILES, CHOPPED OR DICED (#10 CAN)	Vegt	13
GREEN CHILES, CHOPPED OR DICED (#2 1/2 CAN)	Vegt	13
HAM, CANNED	Meat	18
HAM, COOKED, BONELESS, FROZEN USDA DONATED	Meat	18
HAM, WITHOUT BONE	Meat	19
HOT DOGS (WEINERS) 1.6 OZ.	Meat	19
HOT DOGS (WEINERS) 2 OZ.	Meat	20
JUICES, CANNED	Fruit	11
LETTUCE, HEAD PIECES	Vegt	14
LETTUCE, HEAD SALAD (PRE-CUT, CLEANED)	Vegt	14
LETTUCE, HEAD SHREDDED	Vegt	15
LETTUCE, HEAD SHREDDED (PRE-CUT, CLEANED)	Vegt	15
MACARONI, ELBOW	Bread	3
MILK, FLUID (GALLON)	Milk	1

MILK, FLUID (1/2 GALLON) .... Milk 1
NECTARINES, FRESH .... Fruit 12
NOODLES, EGG MEDIUM .... Bread 3
NOODLES, LASAGNE .... Bread 4
NUT BUTTER-1 OZ. .... Meat 20
NUT BUTTER-2 OZ. (POUND) .... Meat 21
NUT BUTTER-2 OZ. (#10 CAN) .... Meat 21
OATS, REGULAR USDA DONATED .... Bread 4
ORANGES, ALL SIZES .... Fruit 12
ORANGES, SIZE 113 .... Fruit 13
PEACHES, CANNED, DICED .... Fruit 13
PEACHES, CANNED, HALVES (#10 CAN) .... Fruit 14
PEACHES, CANNED, HALVES (#2 1/2 CAN) .... Fruit 14
PEACHES, CANNED, SLICES (#2 1/2 CAN) .... Fruit 15
PEACHES, CANNED, SLICES (#10 CAN) .... Fruit 15
PEACHES, FRESH .... Fruit 16
PEANUT GRANULES .... Meat 22
PEANUTS .... Meat 22
PEARS, CANNED DICED .... Fruit 16
PEARS, CANNED HALVES (#10 CAN) .... Fruit 17
PEARS, CANNED HALVES (#2 1/2 CAN) .... Fruit 17
PEARS, FRESH .... Fruit 18
PEAS AND CARROTS, CANNED .... Vegt 16
PEAS, CANNED .... Vegt 16
PEAS, FROZEN .... Vegt 17
PEA/BEAN SOUP, CANNED .... Vegt 17
PICKLES, SLICED (CROSSWISE) .... Vegt 18
PICKLES, WHOLE .... Vegt 18
PINEAPPLE, CANNED CHUNKS (#10 CAN) .... Fruit 18
PINEAPPLE, CANNED CHUNKS (#2 CAN) .... Fruit 19
PINEAPPLE, CANNED SLICES (#2 CAN) .... Fruit 19
PINEAPPLE, CANNED SLICES (#10 CAN) .... Fruit 20
PINEAPPLE, CANNED, CRUSHED .... Fruit 20
PINEAPPLE, FRESH .... Fruit 21

PLUMS, PURPLE CANNED....Fruit 21
PORK GROUND, USDA DONATED....Meat 23
PORK SAUSAGE, BULK, LINK, OR PATTY....Meat 23
PORK, CANNED, USDA DONATED....Meat 24
PORK, CHOPS LOIN....Meat 24
POTATO ROUNDS, FROZEN (5# BAG)....Vegt 19
POTATO ROUNDS, FROZEN (POUND)....Vegt 19
POTATOES FRENCH FRIES, FROZEN (POUND)....Vegt 20
POTATOES FRENCH FRIES, FROZEN (5# PKG)....Vegt 20
POTATOES, DEHYDRATED FLAKES OR GRANULES....Vegt 21
POTATOES, FRESH....Vegt 21
PRUNES, PITTED USDA DONATED....Fruit 22
PUMPKIN, CANNED....Fruit 22
PUMPKIN/SQUASH SEEDS....Meat 25
RAISINS....Fruit 23
RICE, WHITE MEDIUM GRAIN....Bread 5
SALMON, CANNED PINK....Meat 25
SOUPS, CONDENSED CANNED....Vegt 22
SPAGHETTI....Bread 5
SPINACH, CANNED....Vegt 22
SPINACH, FRESH....Vegt 23
STRAWBERRIES, FRESH (PINT)....Fruit 23
STRAWBERRIES, FRESH (POUND)....Fruit 24
STRAWBERRIES, FROZEN, SLICED....Fruit 24
SUCCOTASH, FROZEN....Vegt 23
SUNFLOWER SEEDS....Meat 26
SWEET POTATOES, CANNED SYRUP PACK....Vegt 24
TACO SHELLS....Bread 6
TOMATO PASTE (12 OZ. CAN)....Vegt 24
TOMATO PASTE (#10 CAN)....Vegt 25
TOMATO SAUCE, CANNED....Vegt 25
TOMATOES, CANNED (#10 CAN)....Vegt 26
TOMATOES, CANNED (#2 1/2 CAN)....Vegt 26
TOMATOES, FRESH (CUT-UP)....Vegt 27

TOMATOES, FRESH (SLICED)........Vegt 27
TORTILLA, FLOUR........Bread 6
TUNA CHUNK, WATER PACK........Meat 26
TUNA, SOLID........Meat 27
TURKEY, GROUND, FROZEN USDA DONATED........Meat 27
TURKEY HAM........Meat 28
TURKEY ROASTS, USDA DONATED........Meat 28
TURKEY ROLL, USDA DONATED........Meat 29
TURKEY, BREASTS (WHOLE OR HALVES)........Meat 29
TURKEY, WHOLE (WITHOUT NECK, GIBLETS)........Meat 30
VEGETABLES, MIXED CANNED........Vegt 28
VEGETABLES, MIXED FROZEN........Vegt 28
WALNUTS, BLACK OR ENGLISH........Meat 30
WATERMELON, FRESH (POUND)........Fruit 25
WATERMELON, FRESH (MELON)........Fruit 25
ZUCCHINI, FRESH STICKS........Vegt 29